SURVIVING THE HOLIDAYS

PSYCHIC LIFE

November/December 1986 Vol. 6 No. 6 $2.00

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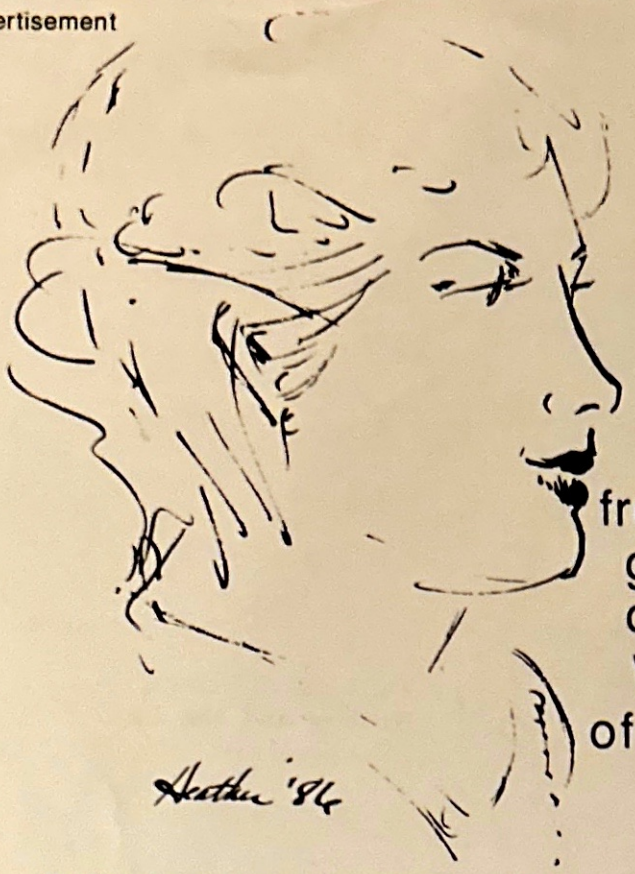

What happens at the Berkeley Psychic Institute?

from the Graduation Address given by Rev. Jan Classen on her graduation from the Women's Healing Program of the Church of Divine Man

Hello! I am happy to be here today to talk about what it has been like being a student in the Women's Healing Program. The Women's Healing Program is not about being the perfect female or more female, but rather becoming more aware while in a female body. This program has been an amazing spiritual experience for me. In this last year I have received spiritual training in how to increase my awareness of my own female energy, my female creative energy, my own male and female energy balance, my healing energy, my trance medium energy, my baby beings as well as others', my female genetic lines, my programming to have babies and my mother's energy, just to name a few things.

The Women's Healing Program is a teaching program and that means you go out and teach and communicate with other women in female healing clinics, female spiritual counselings and female energy checks. You take and teach women's classes and workshops, and you communicate to women at psychic fairs, pampering days and healing conferences. All of this is for you to observe how other women heal with their bodies and their spiritual energies. By seeing this cause and effect in other women, you get to see similarities in yourself and then to make decisions about your own energy and how you want to use it. This is how I started to heal myself.

In my classes I am always asked about male - female communications. My answer is that it's had its ups and downs (ha ha). The energy can become pretty intense between you and the person you are communicating with, especially when you are both working on getting your mother and father out of your space. But to me that's what being psychic is all about, to see the foreign energy that affects communication either with yourself or another person, and to look beyond that energy to say 'Hello!' I do enjoy men and male energy and the balance that it creates. But I still think men have it too easy - no guilt and no responsibility!

It's been a great year creating miracles in myself and watching other women create their own miracles from my spiritual communication and clairvoyance. I am very excited and enthused to take my next step after graduation, to continue being a psychic teacher, healer and reader.

I would like to thank the Vr. Rt. Rev. Dr. Lewis Bostwick and Rt. Rev. Susan Hull Bostwick and the Women's Healing Program staff for creating a space for me to learn more about myself. I would like to encourage all of you ladies who would like to rediscover that part of your female creative self to get involved in the Women's Healing Program. You have already taken the first step as a spirit by creating a female body.

For me it has been an incredible, validating and fun learning experience. Thank you.

For more information: Berkeley Psychic Institute, 2436 Haste Street, Berkeley, California 94704 (415)548-8020

This Is Your PSYCHIC LIFE

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This Is Your PSYCHIC LIFE

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BY Psychics FOR Psychics

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Editorial

by Susan Hull Bostwick

This is the Last Issue

This is Your Psychic Life Magazine, the Only Magazine By Psychics For Psychics, is ceasing publication. This is the last issue in its present incarnation. It will rebirth as an annual guide of northern and southern California psychics — the only definitive, authoritative journal promoting the spiritual marketplace. It will be published by Deja Vu Publishing Company, which will continue to publish the Psychic Reader Newspaper, business cards, brochures, and educational material for other non-profit organizations. Deja Vu will continue to sponsor fund raising events and is expanding its world-wide psychic travel packages with Deja Vu Tours.

Folding Psychic Life Magazine has been a difficult and heart-rending move. Psychic Life has been a labor of love, run by volunteers, written by volunteers, all dedicated to bringing the truth about being psychic --we are all psychic— to the public. We have been trying to demystify healing, psychic reading and spiritual communication to bring you, the reader, closer to yourself as a spirit.

We are ceasing publication for financial reasons. In order for Psychic Life to grow and evolve into a first class magazine it needs to have a four color cover, slick pages, artistic planning and tightly edited copy. It needs to have a paid staff of editors, writers, and graphic artists. These goals have not been reached and publishing costs continue to escalate. It is time to stop the presses and reevaluate where we are going.

So, although this is a sad day for loyal subscribers (and for some of us here who have dedicated ourselves to this task for six years and 35 issues) it may be the blessing we have prayed for: now we can spend time planning, organizing, and editing a quality annual magazine that will be typeset, have a four color cover and glossy pages instead of the rag newsprint you are now reading.

We will miss Psychic Life. We will miss the enthusiasm of a tremendously loyal volunteer staff of writers. We will miss the diet chocolate sodas Gail would bring in on deadline to make us think we were eating the real thing; five to seven intensely busy computers accepting Review/Add/Change input on the Appleworks program; bad jokes at midnight on deadline; the satisfaction of surviving all the energy that says "it can't be done"; all the dedicated volunteers who put in more hours than their spouses, friends, or roommates thought was sane.

First of all, we want to thank the subscribers, a loyal group you are. We could not have done it without you and your letters. We want to thank the advertisers, especially two: the Berkeley Psychic Institute and the San Jose Bookshop; both have been with us through all our trials and growth. Thanks to all the new advertisers who have been with us during the past one and a half years. Your support has been a tremendous validation that business is aware of a growing spiritual marketplace.

We want to thank our contributors: Mary Bell, Lewis Bostwick, Robert Cole, Carol T. Cullinen, Steve Drlica, Shelley Hodgen, Richard Lawrence, Carol McCarthy, David Ponedel, Leigh Smith, Michael Tamura and Karen Tamura; our writers and editors: Gail Halloran, Yvonne Kanis, Beth Dunlavy; our artists Margaret Davis, Heather Smythe, Lenka Warder and cover designer and artist Kim Wakabayashi; our Production Manager Darla Christiansen-Kolack. There have been numerous other assistants over the past years whom we thank wholeheartedly.

For all the work, this magazine has been a tremendously rewarding endeavor. No one else has dared to publish a magazine by psychics for psychics and survived for so long. We will miss the energy.

Enjoy your last issue of Psychic Life Magazine as a bi-monthly publication. Enjoy the theme: The Holidays, and how to survive them as a sensitive person. ☆

Cosmic Correspondence

Virgin Birth II

I read with interest Part One of "Mother Mary". But a very important, esoteric fact was left out regarding Anna, the mother of Mary. Just as Mary experienced a virgin birth of Jesus, Anna conceived Mary "without knowledge of man!" Anna always prayed for a child but was unable to conceive one with her husband, Joachim. So when Anna did become pregnant, she knew that this was not of her husband's doing and she kept that a secret unto herself. This special birth was to be, for why should Jesus come into this world through a mere mortal? It had to be with someone equal to him on a spiritual level. Therefore, a perfect balance of energy was planned and created for them through their unique and spiritual reincarnation. Today, Mary signifies the divine motherhood of love and intuition.

Larry Haines
Novato, Calif.

Transcend Sex

I picked up and read a recent copy of Psychic Life (Vol. 6 No. 4, July/August 1986). Some of it was interesting, but most of it was shallow, useless, and boring. There was one article that actually disgusted me, however -- Richard Lawrence's "Male" column. It sounds like he's got a psychological problem and needs a good shrink, preferably someone who knows the difference between "psychic life" and imagination and who knows the meaning of spirituality. What angered me were comments such as "The considerations of a male body, such as no-responsibility and simplicity, are how a man heals himself" and "female thoughts with female considerations of responsibility". Those comments are adolescent and ignorant. First of all, all people -- men or women -- who attain even a small degree of spirituality or attunement with the Divine, know responsibility. They also know freedom and simplicity. These attributes of Responsibility, Freedom, and Simplicity are beyond sexual distinction, for the Divine Spirit transcends sex. FOOL! Cling to your sexual identification and lose your Humanity. Cling to your "psychic life" and forget your Divinity. I may be foolish in other ways, but sexism I can do without.

C. A. Hine
Berkeley, Calif.

Jayne Mansfield Speaks

As published in Psychic Observer Magazine and The National Spiritualist Summit, I have had many spirit communication experiences with the late film star Jayne Mansfield. She contacted me between 1967 and 1981. It was a pleasant communication relationship until late 1980 and early 1981, then it became ominous. Unfortunately, before the final communication in 1981 she acted as if I was the enemy. I've never understood this. True, I didn't give her messages to people after the initial one, because doing so wasn't really possible, but I always had good feelings toward her.

Your magazine is new to me, I've only read the past two issues.

Evelyn McKeever
Sacramento, Calif.

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Dear Beth

By Beth Dunlavy

Haunted by Sounds of Suffering

Dear Beth,

My mother, who resides in a 100-year-old building in Sacramento, recently told me that the ghost of a man who committed suicide makes sounds of suffering about once an hour around the clock. I spoke to the spirit in a friendly way encouraging it to go. Before this, my mother had a serious fall near where the suffering can be heard — and I wonder how "accidental" it was.

Evelyn

Hello Evelyn,

You are a very capable psychic. You're right that this being got in your mother's space before she fell. I see that this being is stuck in his grief; he is not very aware of how his energy might imbalance a physical body. You might want to create a cord of energy between him and the Supreme Being to help him move on to his next learning experience.

Dear Beth,

I've been plagued for some time by street people. I've tried avoiding them, not acknowledging their presence. I've said no to their requests for money politely, firmly, even angrily. Whatever they say bugs me. I feel whacked, invalidated and angry immediately. If I say Hello they think I want to be their friend. How can I keep my amusement around these out-of-control trance mediums?

Rev. Trouble

Hello Rev. Trouble,

When you look at street people, you feel guilty for all that you have created for yourself, spiritually and materially. Most of this guilt comes from your parents who hold the view that a person with an abundance is taking money, food or whatever from someone else.

You had several lifetimes as a beggar; but in this lifetime you have pursued other goals. You are resisting these spirits who have chosen to learn about body and spiritual denial, especially since most of them are not the original owners of those bodies. There are two street people that you encounter often. I suggest that, rather than worrying about keeping them out of your space, you might want to applaud them (and yourself!) for creating these learning experiences.

For information on Dear Beth's private readings by mail inquire: Deja Vu Publishing, 1314 Lincoln Ave, San Rafael, Ca. 94901.

Dear Beth,

For a long time I have experienced a "fluttering" sound which seems to be about two or three inches from my ear; it lasts for a few seconds and ceases. It sounds much like the wings of a bird. I read some place that this is a spirit or my spirit guide. Is this possible?

Denis

Dear Denis,

Yes, the fluttering sound that you hear clairaudiently comes from a spirit who wants to work with you. I see that you knew this particular spirit in an Inca lifetime.

Spirits who have an agreement with you (spirit guides) or spirits who are space invaders may use various methods of getting your attention. You hear this sound when this spirit moves into your space. ☆

MUSIC READINGS by REV. ANDREW BLUME

*Have your musical abilities been invalidated?
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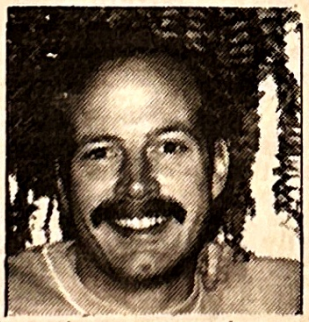

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Author: "I Am that I Am", Dec. 1984

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How to Pray

by Rev. Karen Tamura

Throw Out the Puritan Prayers

Create Your Own

He bowed his head as the last trimmings of the Thanksgiving turkey were being set on the table:

"And now let us give thanks..."

As you sat and listened to the prayer, you had difficulty relating to the message or communicating the same ideas to the unseen man upstairs. But it was the thought that counted and since the prayer didn't last too long, you obeyed and bowed your head.

What may have bothered you is that it wasn't your prayer. You wouldn't have said those things to your God. You don't know

> "Thank you God for saving us
> from starvation
> and for giving us corn."

exactly what you would have said. Maybe you should have at least thought something to God in your own words... But shortly your uneasiness at the table was rescued when someone passed you the mashed potatoes and gravy. And you no longer cared if God was bothered that you didn't get to pray the prayer you would have.

How many times have you endured this scene? How do you survive a holiday feast with family or friends and a prayer to someone's God that you would never say?

Prayer is such a powerful tool, especially when you are the one feeling trapped in it. Escaping the energy level that someone else sets for spiritual communication may seem like a magician's folly, like trying to sneak out of church in the middle of the sermon. But there is hope. Here's one suggestion:

The first step is to be prepared for the occasions when you are expected to participate in someone else's prayer. Remind yourself ahead of time that this ritual is going to happen. What would your own prayer be, if you could silently say it? Think of your own prayer in your own words. The second step is to quietly say your prayer. Is it yours? The third step comes when it's time to participate in the group prayer: say your own prayer silently.

We experienced this recently in a Tibetan Buddhist temple where the chanting of the prayers were done by monks in a trance state surrounding the courtyard entrance; pilgrims were prostrating themselves outside the gate and chanting the prayers; monks were spinning the giant ten-feet tall silver prayer wheels and chanting the prayers; beggars were squatting and swaying to the rhythm of the prayers in the street and hundreds of the faithful were inside fingering small prayer beads and wheels and mumbling the prayers.

We began to perspire and feel dizzy, heady from the energy, incense, thin air. It began to get depressing, as we realized that all the prayers were said from an out of body state. We felt like escaping, but there was no obvious door or sign pointing to a way out.

Someone saw our dilemna and whispered the answer: "Say the Lord's Prayer." Oh. Light bulbs went on. This was a prayer that we

Why am I always the bad guy?

How come I feel like my son knows more than I do?

Why am I scared of the dark?

How can I have more fun with mom and dad?

Family Readings

by **Rev. Natasha Lynn,** Vice-chancellor
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could own, one that we agreed with, have said over and over many times and received many healings from.

We started to recite this prayer, rhythmically keeping in tune with the drums and temple bells, matching the cadence set by the Buddhist trance-chanters. We did this off and on for about fifteen minutes.

Quietly and gently the dizziness dissipated. Our bodies cooled off and we could see clearly. We had received a healing. We succeeded in being in a place where someone else set the prayer energy; we didn't resist that energy or compete with it when we said our own prayer. It worked!

Now let's go back and look at the energy of Thanksgiving, the harmless all-American holiday that nobody could disagree with. Or can you? What do you resist about this day?

Historically, Thanksgiving is the pilgrims' day of remembering what a difficult season it had been with meager bounty from a strange land: but thank-you God for saving us from starvation and giving us corn. How much of Thanksgiving today is still set at the puritan energy level of basic survival? Does the prayer in your family diningroom contain this past time survival energy?

Thanksgiving can be a time of reestablishing the communication with the god of your heart, forgiving yourself for what you created during the past year (like that "failed" relationship or that car accident), reflecting on the potential for the future and recognizing what you can create anew this year. Rather than communicate to the historical God of the past, you can say hello to the God of your present.

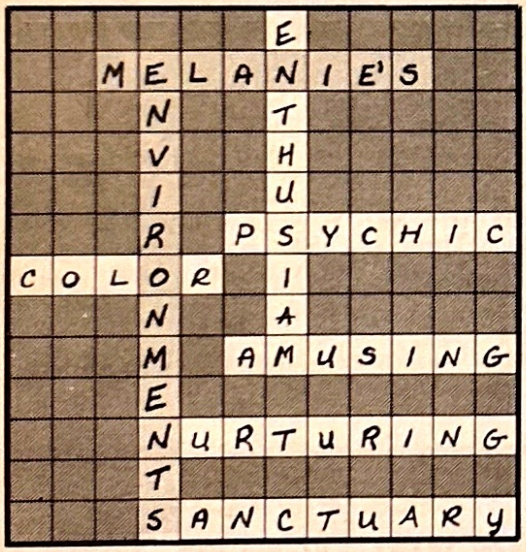
We started to recite the Lord's Prayer, rhythmically keeping in tune with the drums and temple bells...

Thanksgiving is also a time of validation for yourself and others; and allowing others to forgive themselves for their creations and to give them space to create something new.

What do you have to be thankful for this year? Thanksgiving is a season of reflection. Allow yourself the time to think about what you have, the physical bounty and the spiritual wealth you have created for yourself.

Go ahead and be brave—create your own prayer of thanks.

(This article was guest-written by Editor Susan Hull Bostwick. For more China stories, see the Psychics on the Road column...editor)



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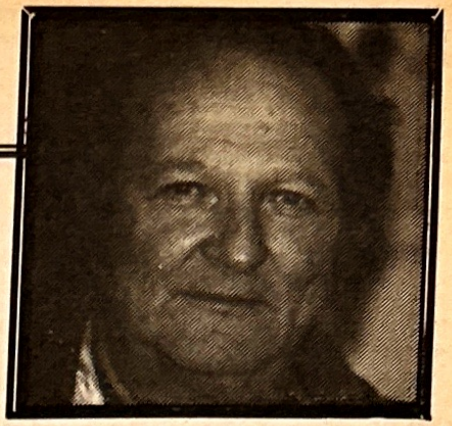

by Rev. Lewis S. Bostwick

Sympathy Is a Bad Word

Love At the Holidays

Hello. Merry Christmas! Happy New Year! Have a great Thanksgiving! Each of these has its own energy. I like all of the holidays and I don't even care if anyone tries to make all the money in the world. It is only money. And sometimes the happiness of money is buying something for somebody you love.

I am going to speak on love. This what most religions talk about. But I have something different to say. Love is simply matching energy. And when you match someone else's energy, you experience the same thing. The problem with love occurs when you get stuck matching energy.

For instance, if your friend holds pictures of Mom's cooking or friendly family, when you match energy (love that person), you experience these pictures. But if your friend pictures Thanksgiving, Christmas or New Years as depressing or as angry encounters with relatives, you get stuck in those energy levels, even if you have been taught to hold everything about holidays as "good".

If your friend is on dope, then you get matched on a dope energy level. But you say you don't take dope. What then? If you match that person who is on dope, you might as well. What you have done is create a picture in your mental processes that stands between you and all the other people in the world. (This is called loyalty.) Since you are being loyal to that person, you don't tell on your peer. This lie that has been created in your space makes it hard to stop matching and you become hooked just like the person on dope - same energy only you're hooked on loyalty and love.

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you are when you match the other person's energy. How many times have you heard about the older lady with the younger man or visa versa? These couples have "matched."

This whole process works on the sympathy of the energy of the holidays. Sympathy is a very bad word because we assume that the bad migraine headache I have is as bad in the lady next door who had only a slight discomfort. So we extend all our energies to these people who we have matched energy with and then we do not know how to tell the truth from the lie.

No one has the same feeling with the senses of the body as you do. But spirit has the ability to mock up - to create - and become what that person is who is senior to you. And when you do this you have lost your spiritual freedom and growth. Then you become a body seeking only body pleasures and you forget the spirit of the holidays.

My love to you for the holidays, in freedom of your spirit and mine. But no matching energies. Have a good season. ☆

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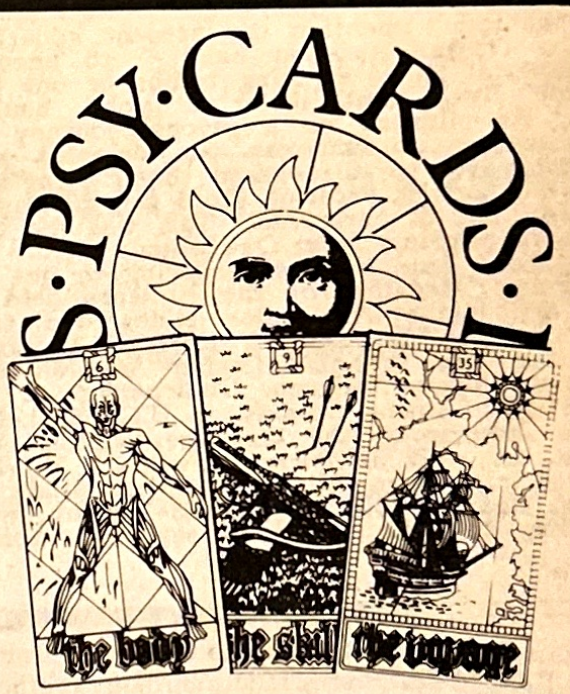

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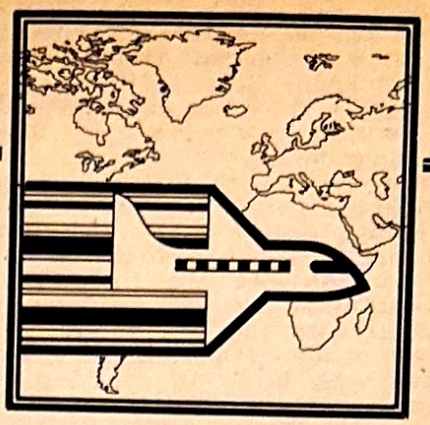

by Susan Hull Bostwick

Karma-busting

Psychics in China

When 70 psychics travelled to the orient last summer, the communists didn't know who they were dealing with. The tour guide said "don't tell anyone you are ministers and don't say anything about being psychic... we don't know how the communist government will react to this." So we snuck into China.

I have to be amused as I think this over. My missionary relatives snuck out of China a few decades ago on the underground railroad, escaping the boxer rebellion.

I think the tour guide's apprehension was well founded — as ministers, we may have been too much of a reminder of the missionaries the Maoists and their forerunners wished to suppress.

So we didn't mention our present vocations nor the current task at hand — to uncover our imperial pasts in Ming tombs or our less affluent lives bent under a yoke hauling grain. As pilgrims on a psychic journey we were anxious to uncover our oriental past lives wherever we discovered them. We were ready to unlock stories not of missionary relatives, but of ourselves. This was the task of the 70 pilgrims from California.

We spent four months preparing to get rid of karma. Meetings of the 70 were held to view art history on color slides and take notes on the lecture of Forrest Mortimer from the San Francisco Asian Art Museum. Professor Joyce Kallgren, Chairperson of the Center for Chinese Studies at U.C. Berkeley, gave a seminar on the language, customs and politics, as well as current events. We had gathered mountains of literature to study on Beijing, Xian, Guilin, Tibet and Canton, ever searching for the religious stepping stones. We each had cassette tapes on the language and began speaking to each other in curt phrases, testing our ability to put our mouths in contorted positions, making rude sounds.

"I went to China to erase whatever karma I had in that land," admits Richard Lawrence, group leader.

He relates his most vivid past life as the one where he was a Mongol catching his first glimpse of the Great Wall of China near Beijing. A rowdy band they were, not official army, but roustabouts.

"I was a youth planning to sack China. But when I saw that immense wall all I can remember saying was, 'Oh, No.'" There went all the ruffians' fun.

Lawrence too vividly recalled the horses with pockets of blood hanging like saddlebags as sustenance for the road. Furs, swords, sleeveless animal skin shirts, sleeping on a horse blanket on the ground. This was a picture of what Lawrence describes as "wanton craziness -- let's go kill people -- ride as fast as you can."

"This was definately not a spiritual search lifetime. It was physical. Get raucous, be amused. I was planning a reincarnation on the other side of the wall," he added.

As a spirit, the Mongol was escaping a low havingness family. "I had enough of reincarnating in that family and living like a pig." China was the new world.

China's mysterious past opened for Don Evans in a different way: He was keeper of the dragons. In the Forbidden City in Beijing - the Imperial Palace - he was the main person in charge of the grounds. Fourteen layers of brick had been laid to protect the

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emperor and his royal family from the dragons in the earth. It was Don's job to make sure that no dragon escaped through those bricks.

"I recall knowing every brick. I owned those bricks. They were my little charges. I weeded around them, I cleaned them, I recognized the slightest shifting of the earth or change." Since there were acres of brick courtyard, the task was interminable. "This was a 'be responsible' lifetime," he recalls.

As a sidelight, when this writer was interviewing members of the group during this particular tour to the Imperial Palace, a member walked up and volunteered that her lifetime was as a keeper of the dragons. Not having heard the previous interview, she was amazed to discover that she and Don were companions in the past -- and a key to the present was found.

"It was very amazing to me to walk on those bricks and feel all the emotions that those people put in the ground about dragons. But then to discover that a member of our own group had exactly the same lifetime — we were together inspecting those bricks — this was getting rid of double karma. I was very excited to hear his story and how it matched mine to a tee," she said.

This was what China was all about for the 70 psychic pilgrims -- getting rid of mental image pictures, spiritual energy, karmic obligations and responsibilities (like dragons) from the past in order to be more in the present as spiritual beings.

(See the next issue of the Psychic Reader Newspaper, Vol.9 No.6, for more stories and photographs on the Deja Vu Tours China Pilgrimage '86...editor) ☆

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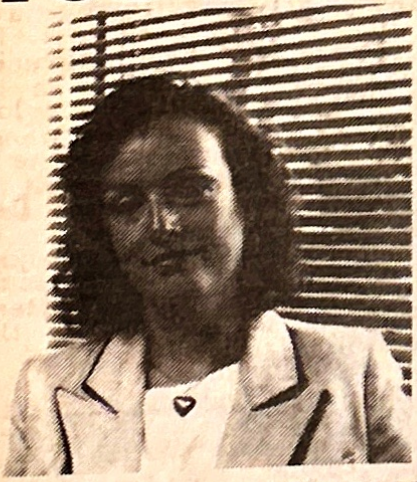

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Psychic Questions

How Do You Do It?

by Carol McCarthy

Keeping the Spirit of Christmas Alive

Photos by Kim Wakabayashi

CARMEN FIGUERAS
DEAN, WOMEN'S HEALING

The best way I've found to do that is by creating a Christmas for myself instead of how Christmas should be. I decide who I want to be with and what I want to do. Since my family is in France, it's a little easier to not feel obligation that I should spend it with them.

I like to start working on it about a month before. For Christmas, I will start making decorations. I love to do bread ornaments which I make and paint myself.

Last year I brought friends together on Christmas Eve and we went to the Nutcracker. That was a great way to get through the intensity of the holidays. Then we cooked dinner that night and broke tradition by having seafood rather than turkey dinner.

The main thing is that I don't necessarily follow tradition. I just do what feels good at the time and am in agreement with the other people about how we'll spend the holiday.

KEN CROSS
ENTREPRENEUR

I look at it as a time to give to myself. In fact, that is how the society has set it up. You have to have ornaments and gifts -- you can't have a bare tree.

Some people need to be forced to give to themselves, then they can give to themselves year-round. How you can keep the spirit of Christmas alive for yourself the whole year is with amusement. I even play Christmas music all year.

The best Christmas I ever had, I woke up and felt as I always had - I didn't want to open gifts. I realized that wasn't me. So I meditated and this was the best present I could have given myself: to have my own space.

Ask yourself, "What do I want to do?" It's better than seeing people from obligation. Maybe you just want to be with those around you. I don't make long term commitments around the holidays. I prefer to wait and see how I feel on the big day, and do what I feel like.

SUE PEARCE
EXEC. ADMINISTRATOR

The way I keep the spirit of Christmas alive for myself is not planning anything. I learned this as a child when I did the same thing for 20 years - and lost the spirit for myself. Now I do something different each year.

I like to spend time with friends. I love to shop and buy gifts for myself and my friends. I also decorate my house.

The highlight of my Christmas, and the only thing that I do the same each year, is to be part of the Church of Divine Man's Christmas Ball. This has become my favorite part because I get to spend a weekend at a fancy hotel in San Francisco and treat myself to a new gown, pamper myself, spend hours getting ready and then spend the evening with members of my church celebrating spirit in bodies.

The one thing that I haven't done, and still want to do, is to spend Christmas day at a tropical beach sipping cocktails in the sun.

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Psychic Children

by Mary Bell

Allow your Children to be Givers, too

"Christmas is coming, the geese are getting fat.
Please put a penny in the old man's hat.
If you haven't got a penny, a half pen will do.
If you haven't got a half pen, then God bless you!"

Christmas is a time of giving and receiving. Families begin to feel the pressure build about two weeks before Thanksgiving. Emotionally, the holidays carry strongly charged messages: "Do you love me? We're a family, we should be giving to one another. Families are what the holidays are all about." Many times families begin to give to each other out of guilt or expectation.

The emotional charge runs so high that people begin to resist the holidays. It's the chord of energy running through the heart chakra (a spiritual energy center that controls your affinity for yourself and others) that many people can't handle; the energy of "I expect you to be the person I think you are."

Children are extremely sensitive to the energy of family expectations at Christmas. They are also sensitive to the pressure of "buy, buy, buy!" All too often, they see their parents give out of guilt: "I'm never home enough. I'll make it up by buying her or him what they really want." Children are psychic, meaning they pick up on this guilt.

Adults get caught in playing an adult-style giving game with children. Children do not have the same concepts of giving as do adults. I am reminded of a psychic friend of mine, Sue, who has an eight-year-old daughter, Donna. Donna is also a capable psychic and a student in the Yin Yang Seminary for Psychic Children.

Last Christmas Donna wanted to give her best friend Sarah a present; one of her

How to Give to Your Kids

by Mary Bell

Many times gift giving to your own children can be a source of many problems and frustrations. Especially at a time when so much merchandising is being done in their direction. "What should I give? If I only had more money, then I could get them the perfect gift." Take the guilt out of giving to your children! Follow a few simple guidelines:

1) Ask your children to write a wish list of everything they've wanted throughout the year. By writing it down, they release the energy they have stored in those items and it allows their energy to come back to them. This takes the buildup of energy out of your shopping.

2) Be realistic - don't go into debt out of guilt or uncertainty. What can you give and feel good about? You're the one who will face the bills come January. Besides, it's no fun to give out of guilt or to receive a present given from guilt.

3) Relax, be creative, and have fun! If you're enthused about giving to your children, that's the energy your gift carries with it.

4) Try not to compete with yourself or their friends. Instead of having to give the perfect gift, give one you enjoy. You may be surprised to find that your child will like it, too.

The gifts your child receives can also be rewarding and/or troublesome. But they can be a great learning experience for your kids if you remember to keep it simple:

1) Be amused at some of the gifts given to your children. The first ones broken are often those with "perfect" energy. This could be a new outfit with the message "don't get dirty." To a child this means "don't move and look cute!" Yuck!

2) If your child doesn't like a gift he or she received, exchange it or be prepared to dust around it. You don't have to get stuck on the expectations of the person who gave the gift, and neither does your child.

3) Don't expect relatives or friends to know the age range of your child. If someone gives your three-year-old a one hundred piece puzzle, put it away for later. It doesn't have to be created as a problem or an invalidation for the child or the giver.

4) If relatives ask for suggestions, read them some of the items off the wish list. But allow them to make their own choice so they can enjoy their enthusiasm as givers just like you are learning to do!

favorite dolls. Donna was giving Sarah her most prized and cherished toy. Sue went through many different adult concepts as she watched her daughter wrap the doll. Should she make Donna buy a new gift? What would Sarah's mom say when Sarah recieved an old doll instead of a new one? Should she interfere or keep out of it?

As she watched Donna, Sue began to look clairvoyantly at Donna's concepts of giving. Donna was giving to Sarah from her spiritual ability to be able to create and to have anything she wanted. She was giving Sarah not only a gift, but an energy level of havingness and enthusiasm - pure enjoyment. Here was the magic of giving. By giving the doll to Sarah, Donna was giving to herself. She was elated at having a special present for her friend.

What a tremendous lesson to learn from an eight-year-old! When someone gives to others from a space of giving to themselves, they create an energy level of enthusiasm. When they give out of guilt or obligation, the giving becomes a lie to the receiver and an invalidation to the giver.

Can you give to yourself this year, and by doing so, give your family permission to give to themselves? Which gift would you rather receive? Guilt or enthusiasm?☆

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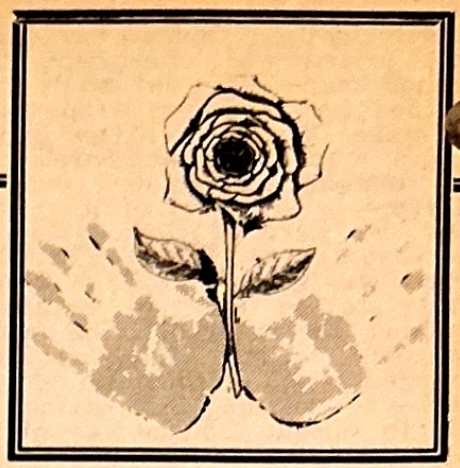

You Do It Yourself

by Shelley Hodgen

Ground Before You Shop

Passing the Mall Test

Last year on the Saturday before Christmas I decided I would put to a test all the psychic tools I had been learning and teaching for the past several years. My test was to see if I could spend the whole day shopping at a huge suburban mall and not get wiped out. I wanted to get all my shopping done, stay in amusement, come home with as much energy as when I left and have fun, too.

This test was one that I had failed in the past and had not tried for a long time. But all week I had been teaching my students what happens to their psychic space or spiritual energy during the holiday season. All my psychic tools were fresh in my mind, so I decided to put them to the ultimate test.

What happens to your energy and space during the holiday season? Could you pass the shopping test? Holidays can be exciting and a lot of fun, but they can also be very draining and emotional. This is the time of year that everyone spends more time than usual thinking about family and old friends. The added attention that a psychic, or someone who is sensitive to energy, feels from these people can leave you feeling tired. By becoming aware of some of the energy around the holidays you can start to learn how to handle it and not let it effect you in a negative way.

A very easy and simple spiritual tool that can help you heal yourself during the holidays is "grounding." Grounding is an energy connection between your body and the planet that acts like a lightening rod. When foreign energy ends up in your body or aura (a spiritual energy space around a body) you can get rid of this energy by grounding it off, literally into the planet. Your grounding can be flexible and go everywhere with you, so that you can ground off any energy you don't want, no matter where you are.

When I arrived at the shopping mall, I took a moment while I was still in my car to say hello to some of the people who had their attention on me. The first energy I saw was from my family and friends, with their ideas about what I should buy and for whom. Whether they were trying to tell me to spend more or to spend less, I noticed that their energy interferred with my communication with myself and what I wanted to spend.

The next energy I saw in my clairvoyant inventory was the management staff and the salespeople from the mall. They all had set an energy vibration of unconsciousness and apathy that hit people while they were still in the parking lot. This energy said, "Don't think about how much money you're spending, just buy, buy, buy, until you have got something for everybody and can leave this horrible place." They were actually creating an unpleasant environment to go shopping in, so that the shoppers would be more "programmable" in their state of resistance.

I released this energy from my body and from my aura by using my grounding. After creating this connection I imagined all those other people's concerns running right out of my aura, just like electrical grounding. After draining off all this foreign energy, I imagined filling my aura back up with my own ideas about what I wanted to buy and for whom and for how much. I put in lots of permission to shop for myself! That way I was "armed" with my own information before

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"Could you pass the psychic shopping test?"

entering the mall. I continued this exercise throughout the day, stopping periodically to ground off energy that wasn't mine and to fill my aura back up with my own creative ideas. I even took the time to have a nice lunch and to give to myself. In case you're wondering, I passed the shopping test for the first time ever, although there were moments when I felt like running. I left that mall feeling as good as when I got there and I actually had a good time.

When you get caught up in that holiday energy you can release the exhaustion, anger, confusion, guilt or whatever it may be down your grounding cord and then replenish yourself with amusement and enthusiasm. By giving to yourself, you'll be regaining the healing energy you may be giving out to your friends, family and co-workers. So enjoy the holidays and happy shopping.☆

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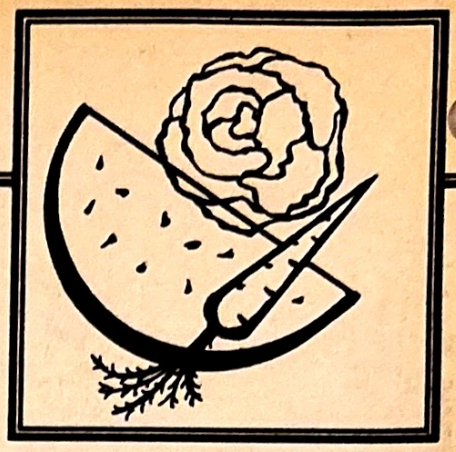

by Cathy Langlois

"We Must Feast"

Memories of Childhood Foods

(This special holiday column was written by Dennis McCarthy, a guest columnist. McCarthy is currently an executive chef in a prestigious restaurant on San Francisco's Union Square. He is a graduate of the California Culinary Academy. He is also a graduate of the Berkeley Psychic Institute, a trained clairvoyant and healer...editor)

People eat all year long. For a restaurant this is the one given. And people are spending much more of their income eating out than ever before. But the restaurant business is a fickle one. No other business has such a high failure rate. People are fickle.

All year long people eat out and expect food different from what they'd eat at home. Except during the holidays.

During the holidays, many images people have of food, their concepts of tradition, their nesting instincts, their images of reassurance from food (to ground the body or make it safe), their images of exhilaration from food (even excitement and hysteria) all enter the cooking and eating scheme. Expectations run high and extreme dichotomies are the rule rather than the exception.

For most of us, our impressions of holiday food begin with the feasting of childhood. Foods like cranberries, yams, chestnuts, egg nog and fruitcakes are rarely touched except during the holidays. Each of these food memories carries an image of our childhood family table: how we had to behave, who we had to be nice to, who was going to have to be nice to us. The pleasures and disappointments of these memories, of our childhood, create detailed pictures of what a holiday meal should be. The ham brown sugar basted, the mashed potatoes, the real butter, the green beans, the fine china and linen and the family.

So what do people expect when they eat out during the holidays? Not what they had in their childhood at home and not what they've planned for their own home; but not the opposite either. During no other time of the year do people resist replicating their home foods so much, yet end up ordering food that stimulates their images of home food more. Customers tend to want many foods (as in the feast) but not traditional holiday foods. They order more appetizers, share orders of food so the assortment is greater, like the feast, only with ceviche, Caesar salad and smoked salmon instead of sweet potatoes, gherkins and stuffing. And the dessert sales are phenomenal.

Foods that exhilarate and foods that are earthy and grounding are the extremes that are in demand during the holidays. These are the yin and the yang, often coming from

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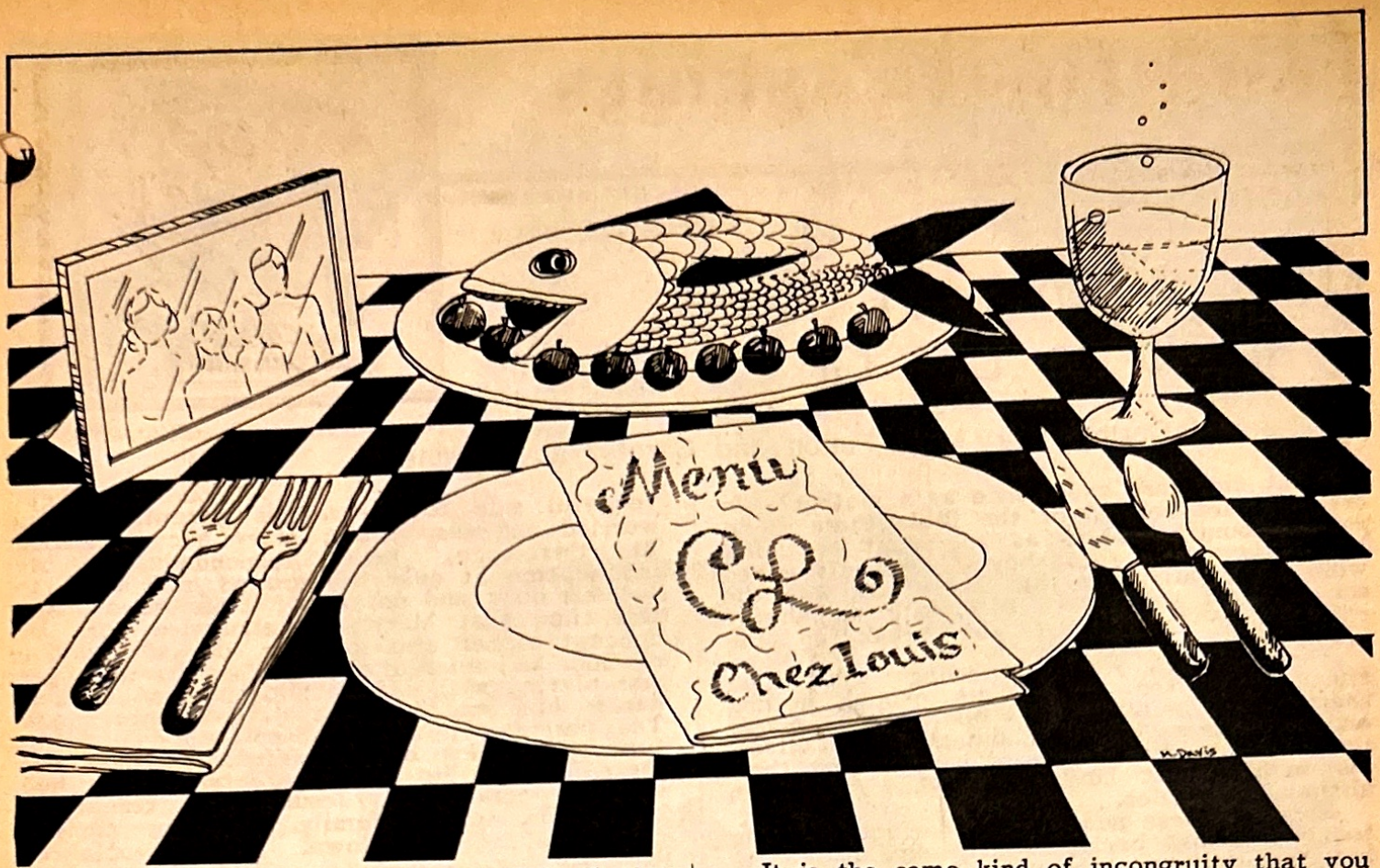

anxiety and anticipation at one end of the spectrum and apathy and depression at the other end.

In my business, as a chef in a large restaurant, the holidays mean not only an influx of business, but a business of a different sort. We frequently cook for holiday parties and although we do special functions throughout the year, at no other time do the plans become so erratic. The party planners change their minds repeatedly. The food requests become more specific and yet less focused overall. The common ingredient in many holiday party menus is that many incongruent items must be served.

It is the same kind of incongruity that you find in many traditional holiday meals. Sweet pickles don't really go very well with yams and melted baby marshmallows, and very little goes well with those mayonnaise and jello salads. Even when they choose different foods, many people recreate this incongruity in their holiday food selections. It's not like mother made but the outcome is very similar. We must feast.

The holidays are when people give more and so they want more. It's a great time to be clairvoyant and see what's happening. As for how the cooks survive the holidays, that's another story. ☆

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Divine Parenting

Mary, Mother of Jesus, Learned to Let Go

by Carol McCarthy, Mary Miller Fulton and Carol Tracy Cullinen

What did Mary experience as a mother? In the standard version of the Bible there is no real account of Jesus as an infant or child. Nor do we read about how his parents coped with the realization that their son was the son of God sent forth to create an energy change on the planet and break up the traditional game of religion.

The Jewish religion during this time encompassed the life of its people, telling them how to eat, when to rest, who to marry and other rules that encompassed their lives. Imagine how shocked Jesus' parents and their community must have been when he began changing the rules.

None of these accounts appear in the Bible today probably because early church leaders saw, and still see them as dangerous. Mary became identified with the virtues of humility and poverty. The illiterate masses who were instructed with the aid of stained glass, tapestries and murals saw representations of Mary standing near or holding a branching tree to represent charity, prudence, obedience, praise and compassion. Mary's virtues were set up as standards that other women should emulate.

Researching Mary through non-standard resources has uncovered some interesting views of her early motherhood and challenges of raising a son who was a psychic, healer, and a being sent to end karma on the planet.

As an infant, Jesus' healing powers became apparent when sick or deformed children were healed when bathed in Jesus' cast-off bath water or in the water used to cleanse his swaddling clothes. Mary offered the water to people, fully aware of her son's abilities.

There are other stories of Jesus performing miracles as a toddler. After a man had been turned into a mule by a curse, Mary set Jesus on the mule/man and he returned to his human form. On another occasion, a possessed child was brought to Mary and Jesus; he was violent and snarled and bit people. The child tried to bite Jesus but could not, so when he reached out to strike him, the being in the boy's space left in the form of a dog and the boy was healed.

As Jesus grew and learned about his body, he also began to learn about body judgement and competition. There is an account of him playing with clay figures he made and his playmates began to compare whose figures were best. Jesus made his figures come to life and commanded their movements.

During these years there seemed to be a vengeful side to Jesus. His parents became worried and responsible; Mary became guilty. At this age, Jesus responded to the invalidation of everyone around him who only saw his body and not him. It appeared during this time that Mary also struggled with the concept of her creation; her son vs. the Son of God. Examples of this are seen when Jesus was playing with other children who began to harass him and he turned them into goats. The parents of the children begged him to turn them back but he refused. They took their complaint to Jesus' parents. The village became afraid of Jesus and threatened banishment to his family. Another time a child knocked him down. Jesus proclaimed

> "Imagine a mother's dilemma knowing her child is divine."

"as thou hast thrown me down, so shalt thou fall nor ever rise." The boy fell down and died. Joseph became very agitated by the protesting of his neighbors, and he "plucked Jesus by the ear." Jesus became angry and said to Joseph, "Be easy, for if they seek us they shall not find us. Dost thou not know that I am thine?" Mary became very distraught with these events, her body became senior at times and like her husband and the villagers she saw these occurences only as body events, not energy changes. For Jesus who understood everlasting life and how to end karma, none of these changes bothered him. He was perhaps struggling with spirit working through a body and the emotions that accompany it, but he knew that bodies are temporal.

Mary knew all along that her son was of God; she was not surprised when told that he was blessed or when temple scholars told her Jesus was teaching them things they had never dreamed of. But when faced with the invalidation of being a "bad" mother, she lost sight of herself as spirit. Jesus chastised her for this when he was twelve and she worriedly seeks him out with Joseph in the temple. (Luke 2:41-49) It is at this point that Jesus declared his ministry and his separation from his earthly family. Imagine a mother's dilemma knowing her child divine, but resisting the "loss" of an adolescent son.

We found the censorship of these early family accounts amusing. These were

"Mary - Mother of Jesus" A. Verrochio

probably left out for fear of undermining the family and the concept that parents are senior. Jesus' neutrality and his playfulness and Mary's humanism are probably the troublesome part to church traditionalists. Mary and Jesus experienced both the human and divine sides of themselves through their growth together. Keeping these parts out of the Bible gave the churches the power to decide what was divine, what was human and o Mary was; her role after the birth seems liberately overlooked. She appears again only at Jesus' death, and then it is debated whether this is Mary his mother or Mary Magdalene.

We are sure Mary as a spirit had to be amused, and is still amused by what she has come to symbolise in modern religion. Churches have created a role for all women to compete with, yet the message is that they can never achieve this level of humility or purity; only Mary had divinity in a body. It's fun to be clairvoyant and look at these things for yourself; to see what is truth and a lie, what Mary had to communicate as a female and as a mother. You might be surprised!

Resources:"The Lost Books of the Bible," Alpha House Inc., 1926; "Alone of All Her Sex," by Marina Warner, Vintage Books, 1946, New York; The Bible.

Old St. Nick Evolves Into the Spirit of Havingness

by Gail Halloran

"Merry Old Santa Claus" by Thomas Nast From Harper's Weekly, Jan 1881

Every year, between Thanksgiving and Christmas, almost every child under the age of ten in the United States hones their little-used correspondence skills by writing a letter to Santa Claus. This imploring missive enumerates their most hopeful fantasies of splendor and abundance. It is the one time each year that they are not discouraged from dreaming beyond their means - the one time when they are given permission to be totally extravagant in their desires. Every child is allowed to believe in that great big sugar daddy in the sky who will heap a bounty of gifts upon them, with no reality attachment required.

Variously known as Santa, Old St. Nick, Saint Nicholas and Kris Kringle, this generous soul is worshipped more surely than any number of avatars and gurus, and more widely, too. And like these other "cult leaders," a deep mythology surrounds the old elf. In the "spirit" of the season, I decided to print a fact sheet about the jolly gentleman in his various incarnations.

The actual human being most closely tied to the public persona was last known to be alive around 350 A.D. Born to wealthy parents in Patara, Lycia, Asia Minor, the man who was to become St. Nicholas was named bishop of the rundown diocese of Myra. Elected bishop at a very young age, he devoted his wealth to charitable works. During the reign of Diocletian, the first emperor of the Eastern Roman Empire, Nicholas was jailed and persecuted as a Christian. He survived to attend the Council of Nicaea and to live a life full of miracles.

After his death, many traditions grew up around his name, most having to do with his generosity. One story tells of a poor merchant who had three daughters. Without a dowry they were doomed to slavery, so on three successive nights Nicholas rode by and threw a bag of gold into their window. On the first night the gold supposedly landed in a stocking hung up to dry at the hearth and from this, some say, came the custom of hanging stockings for Santa's gifts.

His popularity spread north into Germany and England during the Middle Ages. He became the patron saint of children, among others, and his feast day, December 6th, became a time to give gifts to children. The Dutch, although Protestant, embraced St. Nicholas, who they called Sinter Klaas. In their celebrations, which continue to this day, Sinter Klaas rides into town on a white horse after arriving by boat from Spain. He is dressed in the red miter and cope of a medieval bishop with a black Moor at his side. The week before his feast day children leave shoes filled with treats for his horse by the hearth each night and in the morning they find candies. On the eve of his day he visits in the form of an older male dressed in costume and brings presents to the children. Or, other homes simply hear his knock at the door and see the hand of the Moor as he reaches inside to scatter candies. Afterwards they find presents on the doorstep.

The Dutch brought their customs of Sinter Klaas to New Amsterdam (now New York) where the English settlers adopted them. However, anything having to do with Catholicism was not popular in the New World, so Sinter Klaas became Santa Claus and the giving of gifts to children became associated with Christmas. These early Americans retained the traditions of Santa coming at night while children sleep, descending the chimney to leave his presents and his leaving coal for those children who had been bad. But the bishop's red miter and cope became a bright red cap and suit and the tall, white-haired man with the serious demeanor became the fat, jovial gentleman with the temperment of an elf. Saint Nicholas had made the transition from a Catholic saint to a world-wide symbol of generosity and kindness to children.

The evolution of Santa continued as more immigrants came to America, bringing their own customs. The fur trim on his suit probably came from a German Protestant depiction of St. Nicholas as a furry imp called "Pelz Nichol," and his being an elf or having many elf companions most likely came from the "Jul" elves of Sweden and Denmark.

After the American Revolution anything English was frowned upon. New Yorkers took a renewed interest in their Dutch founders and Sinter Klaas underwent a revival. In 1809 author Washington Irving wrote a comical history of New York that made constant mention of St. Nicholas, describing him as a sturdy Dutchman smoking a pipe. Then in 1822 Clement Clark Moore wrote the famous poem for his children that starts, "T'was the night before Christmas..." This added the sleigh and eight reindeer, the plumpness, the jolliness and the twinkling eye to his image.

Illustrator Thomas Nast completed the picture with a series of drawings published between 1863 and 1886. His drawings added the North Pole workshops and the book that tracks each child's behavior. It was Nast's Santa who began receiving letters from boys and girls with their Christmas wishes. Finally, in 1931, the Coca Cola Company commissioned a series of paintings for their holiday advertisements that depicted the tall, non-elfish Santa of today.

From the early Christian bishop to the most modern version, all of these incarnations of St. Nick have had one trait in common: a wondrous ability to have. Santa Claus is the greatest symbol of generosity and altruism known, but his is an altruism born of his prosperity. The quality shared by all these characters is their ability as spirit to create joyously and abundantly, and from this abundance to give to others. To me this is the spirit of Christmas and of Old St. Nick: the ability of spirit to have.

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Haunted By . . . Christmas Past

How do you feel right now? Are you happy or are you not having very much fun? How about the upcoming holiday season? Do you enjoy Christmas and Thanksgiving? Or are they just days that you dread? The state of your second chakra could determine the response to each of these questions.

Your second chakra is an energy center in the body that can send out and receive a wide variety of emotionally charged energies. Located below your navel, your second chakra is the home of body emotions: rivalry, fear, sensual excitement, anger, nurturing, guilt, anticipation and jealousy. The other chakras may be involved in your expression of an emotion but if you find yourself stuck in an emotional rut for a long time, chances are you have a lot of your spiritual lifeforce energy in the second chakra. And in that case, you may find yourself on an emotional rollercoaster, bouncing from one extreme to the other of the feel good/feel bad spectrum.

One of the second chakra's purposes is to make sure your body feels safe. Clairsentience, the psychic ability residing in this center, provides you with some of the information you need. Clairsentience, which literally means "clear sensitivity" (or in other words, emotional awareness), can help you discriminate between energies in your environment. Your second chakra can work like a radar tracking device, informing you of potential hazards and opportunities.

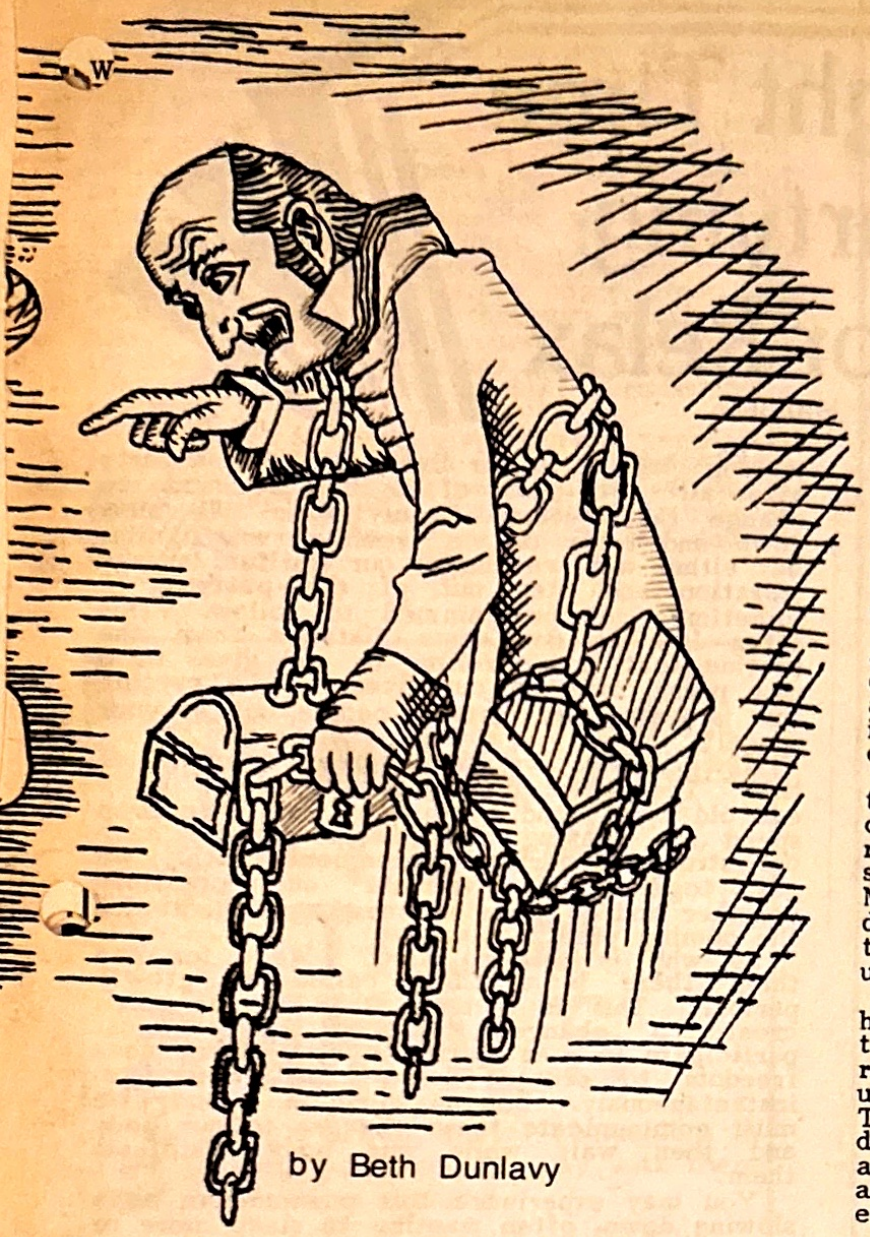
When you are using your second chakra information, you may consider it your "gut response." If you are a responsible giver, you may call this empathy.

The holiday season provides many opportunities for people to feel nurtured, overwhelmed or punished. The second chakra is a prime element in determining how the holidays affect you. If you walk into a party and immediately feel that you should leave, you may have used your clairsentience to tell you this gathering was not safe for you. Or, if you walk into a room full of holiday party goers after a depressing day and immediately start dancing and drinking egg nog, you may have healed your second chakra by "matching" the happy people in the room. At a New Year's party, clear second chakra communication with another guest may even ensure that you have someone to kiss at midnight.

Thanksgiving, Christmas, New Year's Eve and, if you're Jewish, Hanukkah, are usually steeped in family rituals and memories. A lot of the feelings associated with family occasions are stored in the second chakra, much as you'd keep a scrapbook or photo album of memories. Often, as you experience a holiday, you look at these saved-up memories. If the memories are painful, you might try to avoid the holiday altogether. For example, one of my neighbors refuses to celebrate Christmas, or to let his German-born wife celebrate it. There are no gifts, decorations or even holiday baking allowed in their house. One of ten children, his extremely poor family could not afford to observe the holiday so his Christmas memories are very painful. With these images stuck in his clairsentient center, he cannot celebrate Christmas now, just like his family did not celebrate Christmas then.

On the other hand, if you remember holidays as very happy or near perfect, these cherished memories may make the current occasions seem dull and disappointing. The day after Thanksgiving, Hanukkah or Christmas, you may find yourself asking "Is that all there is?" This reliving of memories from your past and comparing them to your present experiences can make the holidays depressing. The depression results not just from having had certain life experiences but from the attention or energy that you or someone else placed on those events and whether or not that energy is still stored in your second chakra. That is why unhappy childhood memories may sour the holiday for one adult and not affect his or her sibling.

If you do not celebrate Christmas or if you observe it only as a secular holiday, you may be punished by other people who expect you to match an ideal level of excitement for the season. "Christmas is such a hassle," remarked one man. "You have to really get into it or everyone says you're a 'Bah Humbug Scrooge.' I don't like the crowds or the media hype." Because the holiday does not have



by Beth Dunlavy

traditional or spiritual meaning for him, it's difficult for him to match many peoples' concept of how he should feel at Christmas.

During all of these holidays, people expect that they should get along well with their families, especially during Thanksgiving, the ultimate all-American family event. As a result, second chakras may be on over-drive trying to heal family relationships. Many who are responsible for preparing the holiday meals serve traditional foods as a second chakra healing. Turkey with all the trimmings is an immensely comforting meal for bodies used to that annual tradition. The preparers of these family feasts are clairsentiently aware that this food reassures the partakers, as if saying, "All is right with the world - while everything else changes, this annual feast is consistent." Any variation from the standard family tradition may evoke guilt and apologies.

Holiday gatherings with assorted relatives and friends provide ample opportunity for making sure that everyone is happy, well-fed and congenial. But, the higher the alcohol consumption, the more sensitive second chakras become. Clairsentient abilities often are used in these gatherings to monitor everyone's mood. Most families have at least one person who acts as a mediator, working to make things go smoothly. Using clairsentience, he or she works to avoid volatile emotional scenes or at least to keep them from escalating into major confrontations.

Gatherings at holiday time stimulate those family role pictures, so even if you aren't home for the holidays, you may find yourself fulfilling roles learned earlier in life. After using the second chakra to "feel out" each person's mood, a mediator will use other body chakras to keep the peace: the first chakra to retrieve survival information ("I better duck before that glass he threw hits me"); the third chakra to keep the arguers apart ("Both of you stop it right now!!"); and the fourth chakra to send healing energy to cover up problems ("She didn't really mean to say that..."). Mediators are often exhausted after the holidays.

Some people match second chakra energy in another way. If you are sitting at a family dinner next to your father who is very angry and you immediately become angry, you tuned into and became affected by his strong emotion.

Mediators are not the only ones to use their second chakras in interpersonal communications. Many people who feel responsible for others absorb energy in their second chakras during the holiday season. Media coverage of fires, murders and layoffs during the holidays may especially depress these people as they take on the pain and unhappiness of others.

Depression and stress rises during the holiday season but, contrary to popular belief, this does not lead to an increased suicide rate. Suicides don't actually begin increasing until January and continue up through spring. This may be due to an expectation, set up during the holiday season, that the new year and the coming of spring will bring changes and renewed vigor. Sometimes those expectation are not met.

Natural deaths do increase during the holiday season, particularly between Christmas and New Year. It seems that the northern hemisphere is at its lowest ebb on an energy level during this time. The nights are longest and many kinds of vegetation and animal life are hibernating. Because statistics show the dramatic increase of mortality during the months of December and January, medical doctors do not usually advise elective surgery during those months.

If you experience the holiday blues, gaining a neutral perspective is helpful. To accomplish this, be aware of taking your energy out of your second chakra and your holiday "body pictures." Christmas and Hanukkah were especially created to celebrate the miracles of spirit working in our midst.

It's hard to be aware of the original spiritual meaning of the holidays if your focus is on the physical body where old pictures in the second chakra scrapbook may dominate the present. So see if you can find your sense of humor when you start experiencing all those holiday emotions. See if you can step back from them and notice which ones might not even be yours. ☆

The Right Time for Partying: Ignite or Relax

by Gail Halloran

It's New Year's Eve, but it's only about 4:00 in the afternoon. You begin thinking ahead to the evening's activities. If you're a man perhaps you're picking up your tuxedo at the cleaners or the rental store. If you're a woman you're probably envisioning how wonderful you'll look in that new gown. The excitement builds.

Then the tension builds. Somewhere in your daydreaming you begin to get a headache. Maybe your tux won't fit the way it did last year with those extra pounds on. Or maybe you're wearing the same old thing everybody has seen so many times. Your stomach sours and all of a sudden the party you were just looking forward to doesn't seem so inviting.

What just happened is that you hit a wall of invalidation that keeps many of us from making changes in our lives. What is a party after all? For most of us it is a chance to change the routine of our lives. We slow down and relax or we "rev" up and ignite. But either way we change our spiritual energy vibration and step out of the pattern we sometimes get programmed to follow. This often lets us get some distance from the routine that is controlling us and gives us a new perspective on our lives. To a psychic this is viewed as "getting people out of your space!"

New Year's Eve is a great example of this. The entire point of this holiday is to end old cycles and begin new ones. We even spend the evening with the people we have our strongest spiritual agreements with. We get together to validate our creations together and to make our new agreements for the coming year.

So why is this so hard? Well, for one thing there is a thing called a "growth period." This is a time when we as spirit create a change that our body must participate in. As spirit we have tremendous freedom to create, destroy and rearrange, instantaneously. But as spirit in a body we must communicate these changes to our body and then wait while our body manifests them.

You may experience this phenomenon as a slowing down, often wanting to sleep more or even getting sick so that you have to stop and take a rest. Like a boa constrictor digesting a goat, we often have to concentrate most of our awareness on absorbing the new information.

Now add to this New Year's process all the people who don't want you to change. Now you know where that wall of invalidation came from. "No, you don't want to go to a party. You'll just drink too much and have a hangover the next day. It's much safer to just stay at home and spend a quiet evening in front of the TV." Now, how many dynamic changes have you ever made in front of a television set?

This same invalidation energy also controls many people's creation plans for the next year. These are called "mock-ups" by psychics and New Year's resolutions by others. These resolutions are really just one way for you as a spirit to look at all the possibilites you could create for yourself in the next year. But have you ever noticed how difficult it is to actually sit down and write a New Year's resolution? That's because of all the failure energy that gets

put around them by the people who don't want you to change.

So how do you end this control game? Well, one way is to "be in kindergarten." This means giving yourself the freedom of a child to make mistakes and to grow and learn from them. Sit down and just let yourself write anything that comes to mind, no matter how unlikely or outlandish. Don't limit yourself by worrying whether you really can or want to do these things. Then go down your list and notice the things that other people would benefit from more than you would. Note the items that you would really like to do. Now, give yourself permission to try them out and to change your mind if they don't work out. Give yourself permission to try them again next year.

Last but not least, give yourself permission to party! Whether you relax or ignite, you may find that changing your routine will make you feel a lot better in the morning, even if your hangover makes you spend the day in bed. ☆

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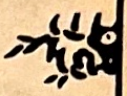

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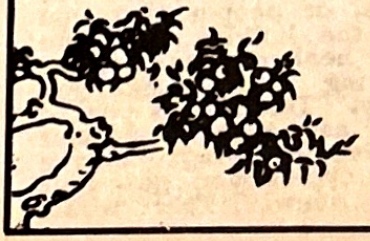

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Wrap Up Your Cycles With Christmas Gift-Giving

by Anne Pearce

This article is dedicated to all you givers. This is the time of year that givers both love and hate. Christmas is a vision of angels and songs. An opportunity to show the ones you love how much you care. A time to spend with your family on cold nights by the fire. Sets a very pretty picture doesn't it? At least that is what Hallmark cards leads us to believe. But if you take someone aside and ask in the strictest confidence how he or she feels about the Christmas holidays, you might hear a very different story.

It is very easy to get carried away by the intense energy of Christmas. Each January I declare that I will own the next holiday season for myself. But lo and behold Christmas comes and I get caught again by that wave of energy.

How can you keep your enjoyment of the holidays when bombarded by all that energy? First, you can start by looking at what we are really celebrating. The birth of Christ. The birth of a tremendous giver and healer. God so loved the world he gave his only son. God sent his only son so we could learn from him. It is this giving from Jesus and God that we celebrate on Christmas.

But what did God receive by giving us his son to teach us? God was teaching us to take our next step in our growth. He was answering our prayers for deliverance and understanding. By doing so, I see God got these prayers out of his own space so he could take his next step.

What happens to you and your energy when you give? Giving allows you to validate special people in your life. This can be family, friends, neighbors, or people that you work with. I see that the holiday can give you the opportunity to heal communications and relationships by saying those things you have been wanting to say. This allows you to complete present cycles and take your next step. What do you receive in giving? Maybe when you complete the cycles you get your energy back to create anew. That would explain why Christmas and New Year's are so close together. Complete a cycle, move onto your next creative opportunity and have a New Year to do it in. Sounds pretty simple doesn't it?

So, where does all the energy of guilt, responsibility, effort and resistance come from when you start to give during the holidays? If you are not enjoying yourself, you are not creating with your own energy — it's that simple. Who controls your giving space? Do the expectations of your child, spouse, or mother determine the presents you give? Or are you at the mercy of magazine ads and television commercials? When someone else's expectations and morals program you about what you should give for Christmas, you lose your free will to use Christmas for yourself. You no longer have the opportunity to give a healing to others, get a healing for yourself and take your next step.

I recently received a letter from a relative telling me that now that we both have children we do not have to exchange presents among ourselves, instead we can just exchange presents between our children. I was amused because I had never sent these people any gifts before. This was her way of telling me that I was making an error and I should come to my senses now that I was a responsible mother. I had met this particular family member only once and she lives very far away. With the budget I have had to work with at Christmas she is not on top of my list of people I wish to give to. Her communication made me feel guilty; it made me feel that I was shirking my responsibilities as a mother and wife, not to mention being selfish and cheap. How many times does this energy of guilt cause you to give to the people who put the most guilt and responsibilty into your space?

What it comes down to is an energy problem. Maybe there is still the space to have the holidays for yourself. It can be rather difficult when everywhere you look you

are reminded to buy more presents for more people. It actually becomes a competition game of getting the best present, the most expensive present, or even just to buy the most presents. If you start to compete with this energy, you will be in debt for many years.

To have the holidays for yourself is to own the energy of Christmas for yourself. In your own meditations, look at what you want for the holidays and how you wish to use this time. This is called a mock-up; it is how spirits create. This is a very powerful tool. Be amused at the televison and shopping centers that program you to buy, buy, buy. Keep in mind the goal you have set for yourself and who you are doing it for and why.

A very good friend of mine found her way of enjoying the holidays: for every present she bought for someone else she bought one for herself. Now that is giving to yourself! Happy shopping and Happy Holidays. ☆

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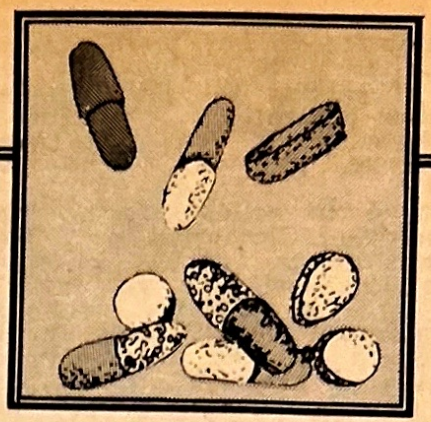
Healing & the Law



by Michael J. Tamura

Knowing Your Rights Is Your Best Insurance

Psychics, the Constitution, religion, church -- these are all heavy words. One doesn't usually approach a stranger and start breaking the ice by asking, "What church do you belong to and what's your religion? Are you a psychic and, if so, what do you think about the First Amendment?" It's a lot safer to stick to, "What's your sign?" Unfortunately, most psychics and healers don't even think about this until it's too late: When they have a citation in their hands or handcuffs around their wrists. And for what? Usually because they knew enough to tell the truth or help someone, but not enough to protect themselves. Sometimes because they used a few wrong words to say the right things.

When psychics give a healing they are truly above the law. A psychic or spiritual healing can happen because where it happens there is no time, no space, no man-made laws, no rules and no regulations. This is how miracles can happen. Man-made laws and rules, when imposed on spirit, destroy its abilities. The more capable one is as a healer, the more he follows his own laws while healing. This is why those who wish to impose their control over others and enslave them are so unhappy with psychics.

Most attorneys have ended up requiring a great deal of healing upon hearing me say that a psychic giving a healing is truly above and beyond the law. Attorneys who have never read the New Testament have an especially hard time with this concept. The space in which a psychic heals is written about by Paul in his letter to the Romans 6:14 -

"For sin shall not have dominion over you: for ye are not under the law, but under grace."

Jesus referred to it many times:

"...The sabbath was made for man, not man for the sabbath..." (Mark 2:27)

"...Render therefore unto Caesar the things which are Caesar's; and unto God the things that are God's." (Matthew 22:21)

"...Whosoever shall not receive the kingdom of God as a little child shall in no wise enter therein." (Luke 18:17)

The fact that when a psychic is healing or reading (spiritual counseling) he is not under any laws doesn't seem to faze those who order him arrested for the violation of one statute or another. (see Psychic Life, volume 6, numbers 2, 3 and 4) They do not know, or in most cases do not wish to know, that one's spiritual practices are an integral part of one's religion and therefore not under the jurisdiction of Caesar. They don't like to take the healer's word that what he's doing is spiritual, they want to see it to believe it. Unfortunately, that's part of the catch -- they can't see what is spiritual, unless, of course, they are psychic. Hating to admit they are

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partially blind they use against the healer or reader what they heard or saw the psychic do on a physical level and claim that they saw and heard everything and found nothing religious or spiritual about any of it. Fortunately, if you do your homework to protect your own rights as a psychic and a healer, they have a long way to putting you away -- either literally behind bars or by barring you from openly doing your spiritual work.

...If you do your homework they have a long way to go before putting you away...

Many psychics resist the idea of doing this homework because they don't see what learning about the Constitution and the laws and religion and the church have to do with being psychic. It's much like whether you want to pay for insurance now or count on never making the wrong move. The difference is when you don't have insurance, say on your car, there aren't government people hired to deliberately seek you out and crash into your car and sue you just because you don't have insurance.

I stated that a psychic giving a healing or a reading is above the law. I did not say that the person who is a psychic and a citizen of the United States is above the law. Another way of saying that is the First Amendment to the U.S. Constitution forbids congress from making any laws "respecting an establishment of religion, or prohibiting the free exercise thereof." And, once again, "Render therefore unto Caesar..."

Today, I'd like to leave you, especially those of you who have been reading this column for some time and understand what it means to be a psychic and a healer in relationship to the Constitution and to religion, with a new concept and a question: There is no doubt that a psychic giving a healing (spiritual healing through prayer) or a reading (spiritual counselling) is practicing his or her religious beliefs and is therefore ultimately beyond the jurisdiction of the laws. If so, while a psychic is in trance (altered spiritual state of awareness) reading or healing and gives the truth as he sees it spiritually, is that not beyond the jurisdiction of the law irregardless of what is said? Can it be made illegal by declaring the utterances to be medical diagnoses? What about those words spoken by spiritual beings other than that which normally inhabit a body when that body is put into a trance? What if the spirit that comes through in a trance is a medical doctor in another incarnation? When a trance medium works in this way in healings and readings, the beings coming through may not know the current laws or really couldn't be bothered, again they work in that space beyond the control of laws. Does our Constitution allow them to be punished according to the laws of Caesar, when the spiritual beings communicating belong to God?

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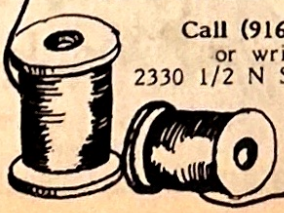

ALTERATIONS

Healing Your Pets

by Rev. Dr. Steve Drlica

Past Lives with your Pet

(Rev. Dr. Steve Drlica combines his psychic and veterinarian information when examining animals. His column deals with energy and its effects on animals and their owners. He welcomes your correspondence...ed.)

Dear Rev. Dr. Steve,

I recently put my cat to sleep after spending many years together with her. Brandy came into my life as a stray but I often felt we had spent other lifetimes together. Because I have experienced so many changes in my life over the last year, and she was so old and cranky, I felt a gentle passing was best for her. I'm having a hard time adjusting to her absence however. I feel a mixture of guilt, second-thoughts and sadness. Can you see her energy as having "crossed over" successfully; did we indeed share past lives together; is there a possible future with her?

Saddened
Ukiah, CA

Dear Saddened:

As I look at your cat, I see several past lifetimes that the two of you had together. In one lifetime both of you were humans and she died in your arms. You swore that the two of you would be together forever. Now the two of you are having a hard time making a separation. In another lifetime you were an old man in a dark, hot place; the cat had to match that energy and stay there with you. She has also been your child. For some reason the child was taken from you and you have this guilt and grief.

To answer your question, Brandy did cross over. The reading helped the two of you make a separation and bring those lifetimes into present time. This allows the both of you to take your next steps as spirits. Yes, you can create another agreement with her as a spirit with a new body.

Dear Rev. Dr. Steve:

I have always been curious as to the why and wherefore of my mother's traumatic experiences with the two dogs my sister left "temporarily forever" at her doorstep.

LeRoy (a collie) ended up at my mothers friend's country home. LeRoy kept escaping and joining packs of dogs causing trouble for farmers and the domestic animals. He simply left one time for good.

The second dog my sister dumped on mother was a Maltese poodle named Poncho. No one ever trained Poncho who was terribly high-strung and bit ferociously if you tried to comb him -- eventually you couldn't even pick him up. He bit guests and neighbors; his teeth would become like a vice on shoes and hands if you touched anything on the ground -- he seemed to claim anything on the ground. Taking him for walks was completely out of the question and the times he escaped were like a horror movie — he would become like a crazed rabid dog, crouch and snarling with a big erection ready to attack anyone who dare touch him.

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The other side of his personality was that he liked to jump in people's laps and he would roll over to have his tummy rubbed -- naturally we were hesitant to give affection since you never knew when "Mr. Hyde" would appear. Poncho is thirteen years old now and seems to be mellowing out.

My mother has always been a sucker for dogs and is terribly attached, even to Poncho in all his weirdness. Any observations you make would be of much interest. Thank you.

Curious
Glen Ellen, CA

Dear Curious:

As I look at your questions, I see that your sister dropped off these dogs as a punishment. I am seeing a past life where all of you were on a pirate ship. There was much competition between your sister and you and you killed each other in a sword fight. The dog was one of your sister's pirate friends. There is actually a being that was around during that pirate time that comes through the dog. This being was a purser at the time and responsible for items on the ship. This causes some of the bizarre behavior. I removed this being out of the dog's space. The dog's body appeared to calm down after the being left.

LeRoy was also a pirate that lifetime and was trying to abandon ship this lifetime. He also was a friend of your sister. He took one look at the energy of the house and split. He is still stuck on killing and marauding...killing domestic animals. I see that he killed enough people so that the Supreme Being would not give him a human body; he has also lost some information on running a human body.

Your mother was the captain of the ship and responsible for the care of crewmembers. She still has a lot of guilt over all the things that happened that lifetime and is trying to make amends for the bloodshed on the ship.

I brought the past lives into present time so each one of you can take your next step spiritually if you desire. ☆

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Astrology

California Zodiac

by Robert Cole

ARIES, THE SHEEP
(MAR21-APR19): I am in love. My life radiates with the magic of intimacy as my lover surrounds me with his/her tender compassion. I feel driven to share my great joy with friends, but I know they can only wonder at the mysteries which I am experiencing. The secrets which we will whisper to each other will get lost in daily translation so I promise to keep our love hidden in my heart. And through the Thanksgiving and Christmas holidays, I will work for peace and prosperity.

TAURUS, THE OX
(APR 20-MAY 20): I wish to be a worthy companion and friend in the months ahead. I fully recognize my strength for self-determination, but I intend to foster patience and cooperation as a way of expressing the love I have for someone so special. At times when unconditional surrender overwhelms my sense of control, I will go farther and surrender more. I have nothing to lose and everything in the world to gain. In the hub-bub of holiday traffic I will be at peace because I will be in love.

GEMINI, THE WOLF
(MAY 21-JUN 20): I will have all my work done by the end of November so that I can share December with my lover. I will keep to all my schedules, and even though appointments may have to be changed several times, I will persist until the projects are completed. I will also devote special times to community politics because these issues concern the preservation of my rights as a spiritualist. I promise to have all the busy-work out of the way by Thanksgiving. I believe that my lover and I are ready for the best Christmas ever.

CANCER, THE CRAB
(JUN 21- JUL 22): I am beginning to feel the uplifting power of the universe. I feel as if I am reborn into a new creative dimension where my thoughts are transformed into works of art. Everything I discover through my intellect becomes immediately manifest in my reality. In the weeks ahead, I will share my talents with many new young friends. When Thanksgiving and Christmas finally roll around, I will volunteer my time to bring joy into the lives of children.

LEO, THE SNAKE
(JUL 23-AUG 22): I will execute all the plans we have made in the household without question and without needing obvious signs of appreciation. These are going to be tough moves because I have so many emotional attachments to the old structure. As the plan unfolds I will maintain my composure and do what needs to be done. I'll communicate all my feelings with housemates knowing that understanding will ease any stress. Thanksgiving may be a challenge, but Christmas will bring joy to my world.

VIRGO, THE PIG
(AUG 23-SEP 22): I will enter the coming months with an open mind and a heart free of commitment but by the end of the year I will have made a solid foundation for the coming year. This is no time for me to concentrate on success. It's much better to organize my efforts with close family members now. They not only need my understanding, they also need my leadership. I can give no better gift to my family for Christmas than my promise to be on hand whenever they need me.

LIBRA, THE LEOPARD
(SEP 23-OCT 22): Prosperity is all around me. My wealth increases day by day. I feel so secure during this time of year because it's easier for me to talk about my material needs. I can tell others what I want and still not expect them to fulfill my wishes. Despite the intense emotional pressures of the holidays, I will focus my attention on practicalities and on the work which must be done. If my brother or sister visits during Christmas I will be most congenial.

SCORPIO, THE SCORPION
(OCT 23-NOV 21): I will celebrate my birthday this year with a whole new self-image. I will throw away all those old clothes I've worn to shreds. I will find new colors and styles to express my growing maturity. I will also shuck off sticky relationships that are still depending on my old self-image for support. I'm going to take the incredible risk of putting my own well-being first. I realize that such dramatic changes will attract strange new relationships.

SAGITTARIUS, THE HORSE (NOV 22-DEC 21): I will face the authorities with assurance and honesty even though their intrusions may threaten my celebration of the holidays. I gain power in this situation by taking control of myself rather than in struggling to control everyone else. I will focus on my own compulsions in order to avoid becoming the victim of someone else's. When and if push comes to shove, I will rise above the personal differences and work only with the common good in mind. And for my Birthday I might just decide to fly away to a warm island in the Pacific and let the rest of the world take care of itself. Christmas alone in a strange place is usually more fun for me.

CAPRICORN, THE WHALE (DEC 22-JAN 19): I am so excited by the possibilities. My vision is expanding into dimensions which I never knew existed. Can it really be true that I am a wizard who can make love with the whole world? I am afraid sometimes to explore the majesty of my compassion, but Thanksgiving and Christmas will be the perfect outlets for these magical feelings. I know that my work is changing the lives of many people. I might not get all the kissy-kissy that other romantics receive, but I'll be satisfied with joy that Mother Earth provides.

AQUARIUS, THE EAGLE (JAN 20-FEB 18): This is my time to shine! Let the parties begin and let me be at every single one of them! The social activity at the end of the year is going to reach an incredible crescendo, and I will be willing to accept all the applause on behalf of my team. When I shake hands with the rich and famous, I will charge them with a new future. I will make an impression which will last for many years. I will not forget that my involvements through the end of this year are part of a historical context. I am ready for fame!

PISCES, THE SHARK (FEB 19-MAR 20): Here comes enlightenment again. I can feel my spirit transcending the pain and suffering. I can feel love overwhelming my life with meaning and awareness. Every cell in my body is becoming sensitive to the vibrations of Nature. In the midst of all this, I promise to recognize the influence of my lover. We've been through so much together and it's easy to forget all the help and support we've found in the gloomy past. I want to enjoy the holidays and want my dreams to come true. ☆

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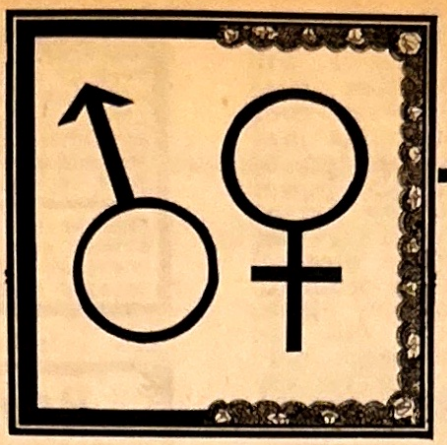
Rev. Ginger King, professional psychic reader, healer, and spiritual counselor, is a graduate of the Berkeley Psychic Institute of Berkeley and an active member of the Church of Divine Man.

Male

by Richard Lawrence



Female

by Carol Tracy Cullinen

Jesus and Santa

Male Role Models

Hello. Christmas and the holiday season are here. This can be good news or bad news. Some people really enjoy the holidays, others dread them. I, like most, have a mixture of feelings. I enjoy the fellowship, the communication with friends and family. I enjoy the agreement of our society to pause a moment to remember and celebrate who we are, our communication with God, and the great spiritual teacher and healer, Jesus.

What I don't enjoy is the mad rush to buy things; not necessarily things you would like to give, but just anything. As a spirit in a male body, I especially don't enjoy the energies of responsibility and guilt. Not many people like these energies, but lots of us get overwhelmed by them and allow them to control our Christmas.

What happens when a sensitive person, someone who feels energy, a psychic, gets inundated with energy that is not his? Often times he either becomes it or runs from it. This happens a lot during the holidays because of all of the attention directed at everybody. This attention comes from your family, friends, old friends, the people on your Christmas card list, Sears, the shop keeper down the street, the credit card companies, toy manufacturers, gift wrap and card companies, even the turkey farmers. Christmas becomes the time for people to have their attention on everyone else.

To help me keep my sanity and my separation from all of this attention, I like to stop and take a look at the two main figures of Christmas: Jesus, the man who it's all named after and the reason for the celebration; and Saint Nicholas, the most famous celebrator of the season.

These are two great spirits to be in communication with during the holidays. Both these men symbolize the ability to enjoy the world, to let it be and not become the effect of it. Both knew how to celebrate spirit and neither would match the energy of responsibility or guilt surrounding them. They celebrated by being amused and by validating spirit and givingness.

When the holidays begin to be a little much, slow down and say 'Hello' to Jesus and to Santa Claus. Find your communication with them as examples of spirit with male bodies who had their own communcation with God. The message of both of these men is freedom. Freedom as a spiritual being and freedom to enjoy yourself. They might remind you what Christmas is all about. Happy Holidays! ☆

Dare to Differ

I remember as a child hearing from disgruntled adults that holidays were "just for kids." I never understood why they didn't look forward to them like I did. As I look back on the energy my family was caught up in during the holidays, I begin to understand their inability to give to themselves during that time.

For the men in the family the holidays meant retreating to the den or family room for football, venturing forth only when something "male" needed doing: putting up the Christmas tree, carving the turkey, shovelling the walk, mixing the drinks, or emptying the garbage.

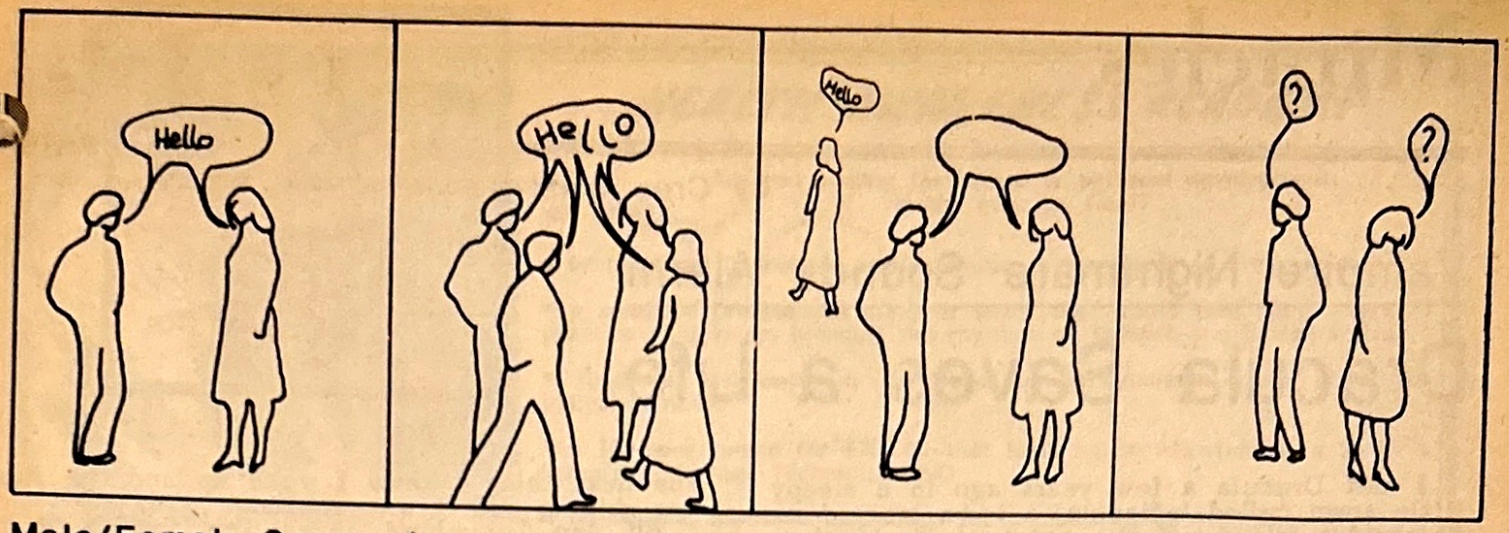
For the women it meant everything else. This ritual of "everything else" started in September: ordering Christmas cards, getting an early start on gifts, and planning get-togethers so everyone was included for a Christmas visit. Female creative energy cranked up in full gear and ran ungrounded until the day after New Years. This was usually followed by an enormous letdown, or sadness: post-holiday burn out.

As a clairvoyant I see that most women enjoy this cycle when it begins. They start the creative energy going to make plans, doing it differently this year. What is missing is the ability to give some of that creative energy and givingness to themselves. After awhile the energy gets depleted and the fun and enthusiasm disappears too.

This year why not be daring and different. During the preparation for the holidays be sure to buy something for yourself with every three or four gifts you buy for someone else. Get a massage, or a facial, or a manicure once a week, especially as the energy builds toward the actual holidays. Let other people give to you.

The women in my family were very bad about this. I did have one female relative who could have a lot for Christmas; not only could she have a lot but she expected nice things as well. She was gossiped about by the other women in the family and her "selfishness" was put off to the fact that she was a career women, without children and only a husband to spoil her. I used to love to shop with her, it was never a chore, and she always found what she wanted, for herself as well as for others. No effort as a spirit in a body having a good time.

So have fun giving to yourself this year. Come into a Women's Healing Center or a Berkeley Psychic Institute and learn the gift of your own energy. Say "Hello" to your spiritual ability to have in a female body and Happy Holidays. ☆



Male/Female Communication
by Yvonne Kanis

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Miracles

by Cree West

Vampire Nightmare Sounds Alarm

Dracula Saves a Life

I met Dracula a few years ago in a sleepy little town called Indianola, a town located on Bainbridge Island off the coast of Washington. The town consisted of a post office and a general store; I loved the place. I lived there with my husband and two sons.

One night when I went to sleep I had one of the most horrible nightmares that I can remember. I was flying through the air, when all of a sudden I heared a great flapping noise behind me. I turned my head to look at what was making that terrible noise... a bolt of fear ran through me that made my astral body stiffen like I had been dipped in fast drying starch.

It was Dracula, right out of the movies: Bela Lugosi's chalk white face, the giant black cape with the stand-up collar, the tuxedo, the red lips, the piercing dark eyes, the whole bit. I couldn't believe it; wasn't Dracula just a figment of some writer's imagination? That line of reasoning didn't get me very far. Apparently Dracula hadn't read the books that said he didn't exist.

I thought fast and landed by a church, thinking I would find sanctuary there. Wrong! I had forgotten about the graveyard that so often exists next to old churches. Dracula swooped down and landed nearby and started to come towards me... to grab me; those horrible fangs gleamed in the moonlight. I felt my power for flying waning and I had to land again soon... I am terrified.

Next thing I knew, I woke up in my bed in my own sweet home. I woke up my husband and told him about the nightmare. He reminded me that Dracula didn't exist. I begged him to talk to me to keep me awake for while. After half an hour I finally felt safe enough to attempt to go back to sleep. The next thing I knew I woke up and the sun was shining and it was morning.

All day I couldn't shake the feeling that something was terribly wrong with someone I cared about. I called my folks, long distance, to check on them and see if everything was o.k. They were fine. I already knew my husband and children were fine. I called all my best friends and everyone was "Fine, just fine." Still that nagging feeling of something not being right persisted.

Later that afternoon I was doing some homework when it came to me... I had forgotten the part of the dream where I had landed in my mother-in-law's home. I dropped everything and took off running towards her cabin. When I got there I knocked on the front door and there was no answer. When I started to turn away, I thought I heared a sound. I called out her name. "Winnie, it's Cree. Are you all right?" A very quiet "Help" followed. I kicked the locked door open.

Winnie was lying on her bed. She was as white as her sheets. In my whole life I've never seen anybody so chalky white. I ran home to get my truck. I put her on the bed and raced to the next town.

The doctor diagnosed her condition as a "bleeding ulcer," and evidently she had been lying in her bed for two days, too weak to move. Dying, quite simply, of "bleeding to death," "loss of blood."

When I finally got her to the hospital she was some pints low. However, she took care of that and after about two weeks of hospital care she made a wonderful recovery.

I guess that in a really odd way, Dracula was responsible for saving a life. (This time) Thanks Drac! ☆

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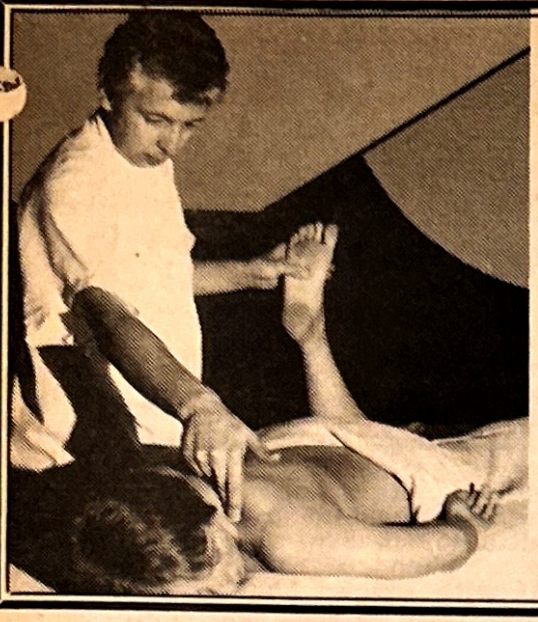

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Missionary Healing Report

by Lois Werner

Reach Out and Heal Someone

Tumor Shrinks; No Surgery!

(This column is reserved for accounts of missionary healings. A missionary healing is a mobile healing delivered to the healee, wherever they are. A team of healers will go into a home, hospital or convalescent center and administer to the spiritual needs of people who cannot make it into a regular healing clinic at a Berkeley Psychic Institute. The missionary healers have gone "ghostbusting" at homes that were haunted and they have attended to people ill in cancer wards. They have even sat outside of operating rooms and done healings while people were undergoing surgical procedures.

This particular story is about a long distance healing, a special kind of missionary healing that is given to a person who is physically many miles away. A long distance healing is usually performed on someone who knows the remote healee. The local, "surrogate" healee simply creates an energy image of the distant healee, and the clairvoyant missionary healers can read and heal as though that faraway person were in the room.

The names have been changed in this story...editor)

Last year one of my sisters had responded immediately that her nightmares had ceased after we did a long distance healing for her. But when I found out that another sister's daughter, "Shelly", had been diagnosed as having a tumor on her pituitary, I was afraid that healing a tumor on someone two thousand miles away was asking too much. Despite my reservations, I found myself making an appointment to attend the trance medium healing clinic sponsored by the Women's Healing Center of the Berkeley Psychic Institute. In the trance medium healing clinic, each of the healers lets another spirit with special healing information come into their body to read and heal. These trance mediums are very capable healers. I thought if anyone could help my niece, they could.

Seated before Lynn (a spirit that was coming through Mary's body) at the clinic, I created an image of my niece for her to look at clairvoyantly. Lynn saw all the foreign energy in Shelly's body which kept her from maturing. (At eighteen years of age, she still had not begun menstruating.) Around the age of twelve, Shelly's parents began to put protection energy around her to keep her safe. Their energy was so strong that Shelly's biological clock had never kicked on, assuring that she would never grow up. Although this protection energy had been meant to help her, it was this energy that was lodged in the pituitary gland. The energy had remained blocked for over six years, resulting in the physical body's reaction to foreign energy: a tumor.

As Lynn communicated to me, she asked Maggie (another trance medium healer) to go into Shelly's body on a spiritual level, do some healing work on the pituitary and to turn on Shelly's own healing abilities, so she could heal herself. Because the healers were working out of their bodies on a purely spiritual level, the healing only took a matter of minutes.

Apparently I had also been communicating a lot with Shelly on the astral as I slept,

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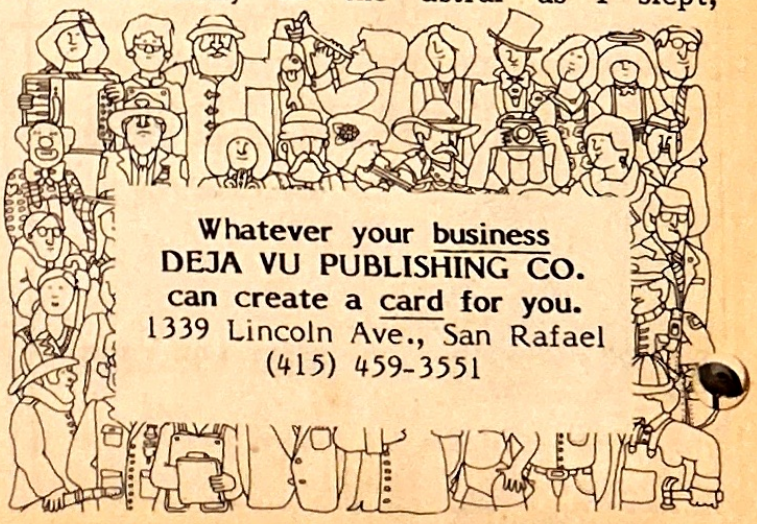

explained Lynn. I was helping her to get the information she needed to heal herself. All at once I understood why Shelly had made that long bus trip from Minnesota to California to visit me last winter, despite her parents' strong protests. Shelly, as a spirit, realized she would be able to get the information and the spiritual 'hello' from me that she was going to need seven months later when the doctors found the tumor.

Eleven days later I received the following note from my sister: "Dear Lois - You need to know we are ecstatic with the news of Shelly's second cat scan. Her tumor shrank one half centimeter. We're cancelling surgery." Since that time I've learned that Shelly has begun menstruating and is happily enrolled in her first year of college. She won't have another cat scan for six months, but the effects of the tumor have disappeared.

As the saying goes at BPI, "Heal the spirit and the spirit shall heal the body." Good work, Shelly! ☆

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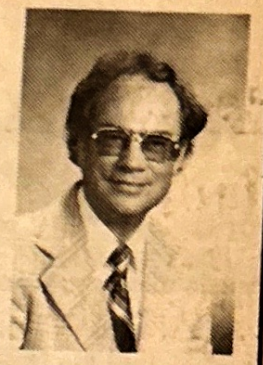

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Intellectual Corner

Book Review

BRIDGE ACROSS FOREVER
RICHARD BACH
Dell Publishing Company

This book tells the story of Bach's soul-wrenching search for a soulmate. This tear-inspiring novel covers the relationship aspects of Bach's metaphysical journey. Making commitments, flying, and having and losing lots of money are some of the tempest-riddled topics. Basically, it's a mushy book, and I have a hard time with mushy books.

Bach finally meets his soul-mate, but he's not sure he can have the relationship. Beautiful, sexy, long-suffering, devoted and a healer on the level of Mother Theresa, she's too perfect to find believable. Our hero deals with the dichotomy where he thinks monogamy would destroy his freedom and finally he finds his freedom through choosing her.

"monogamy would
destroy his freedom"

Bach proudly describes the night he and his partner, while asleep, find each other outside of their bodies after months of practice. Flying is a big part of the book, in and out-of-body. Bach's search for his answers lies definitely outside of his own body and also in the future and the past.

One of the best parts of the book for me, is at the beginning where Bach decides he can't find his soul-mate by flying his stunt airplane, so he sells it right away. The spontaneity he uses to act on his decision is refreshing. So is his ability to recover emotionally from a huge money loss. He has a lot of trouble acting as quickly, once he finds his soul-mate. Questions I asked were: "does he really want to find her, or does he really want to stop his search for his soul-mate, once he's found her? Can you have --or do you really want -- what you create?" ☆

Movie Review

ALIENS
UNITED ARTISTS

Picture this: Unconscious people slimed to he walls. If seeing a graphic representation of lly this interests you and you don't think it happens only where you work, maybe Aliens, directed by James Camron, is your kind of movie.

Aliens, the sequel to the 1980 thriller Alien, once again requires that humans fight for their lives against very ugly creatures. The only human survivor from the last movie has just awakened from a 56-year suspended animation sleep. This capable woman (played by Sigourney Weaver) leaves earth again and the trip quickly turns into a war mission to keep a large group of the dinosaur-squid-like aliens from devastating a human colony. Weaver and other rescuers arrive too late; all that's left of the colony is a little girl who by using her own information, knows who's

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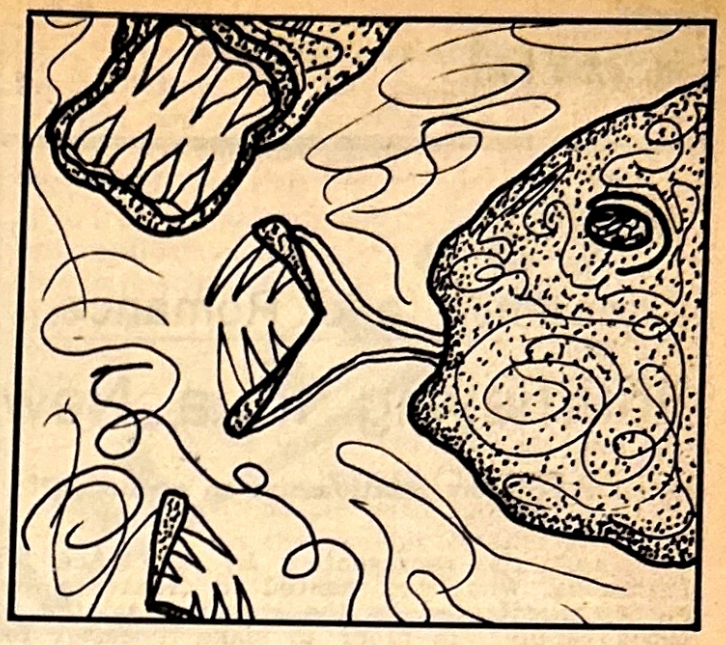
safe to follow. She follows Weaver. Eventually they end up in the nest where the queen bee alien lays her eggs and Weaver has a shoot out with the overly protective mother. Throughout the film the humans make a desperate attempt to prevent themselves from becoming slimed to the walls by the squid-aliens who do not have a sense of humor! Laughter was the key to my surviving this movie --it at least kept me breathing.

I took my psychic surgeon (a spirit that helps me do healings) to see the movie with me. He did not like it — there were too many slimy beings attacking him while we watched. I noticed that the director had put beings in the movie to jump out at the audience, and make sure we would be REALLY scared. If you don't mind being frightened, I highly recommend this film; it is well acted, the special effects are good, and the timing is like a rollercoaster ride where you feel manipulated and completely at its mercy. ☆



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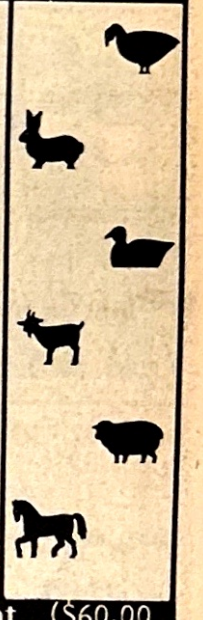

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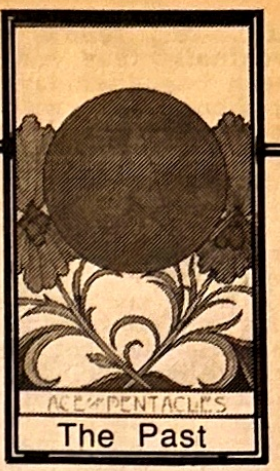
Tarot

by David Ponedel



The Past

Friendship and Romance

Journeying to a New Relationship

"What makes my relationships so confusing?"

The past is represented by the **Ace of Pentacles.** What you wanted to create in the past was effected by the way you related to other people. In order to make it easier for people to be around you, you tried to be as you imagined they wanted you to be. Sometimes you forgot who you were. When you realized this predicament it seemed confusing because who you think you are, and what you think you are supposed to be, don't match up. You may have experienced this as shyness or a loss of certainty about how to communicate your next step in what you wanted to create in your relationships.

The Future

The future is symbolized by the **Page of Wands.** This card shows a young person holding a flowering wand, and seemingly making an announcement. The energy of the card is of fire, willpower, and growth. Often, in adolescence, we do not have a clear opinion of what we should do, and we agree to be like our friends in order to be liked and to feel safe. How this card applies itself to your future is that you wish to change this way of relating and create a way that is more in keeping with who you are today. This requires a more honest approach with yourself and with others. Honesty is also a quality of the Page of Wands. This picture of conformity to peer pressure is located in the area which regulates your communication with yourself and others, called the throat chakra. As you update and own this center your concern with other people will lesson and your ability to be in clear communication with yourself and others will increase.

Present Time

Growth, comradery and friendship is the energy portrayed by the **Four of Wands,** the card representing the present. It reflects effort on your part to combine friendship and romance. Effort is the keyword here because you are having to overcome other people's ideas about your relationships. By this I mean your friends have the kind of relationships they want and they judge yours by their standards. Their ability to have a relationship is different than yours. If you can have more than they can, often they will try to destroy what you want so they don't have to look at why they can't have more for themselves. In a way it is an attempt to try and equalize things in this area. This is the confusion you asked about in your question.

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Obstacles

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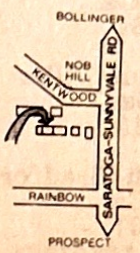

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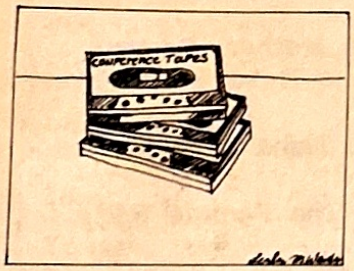

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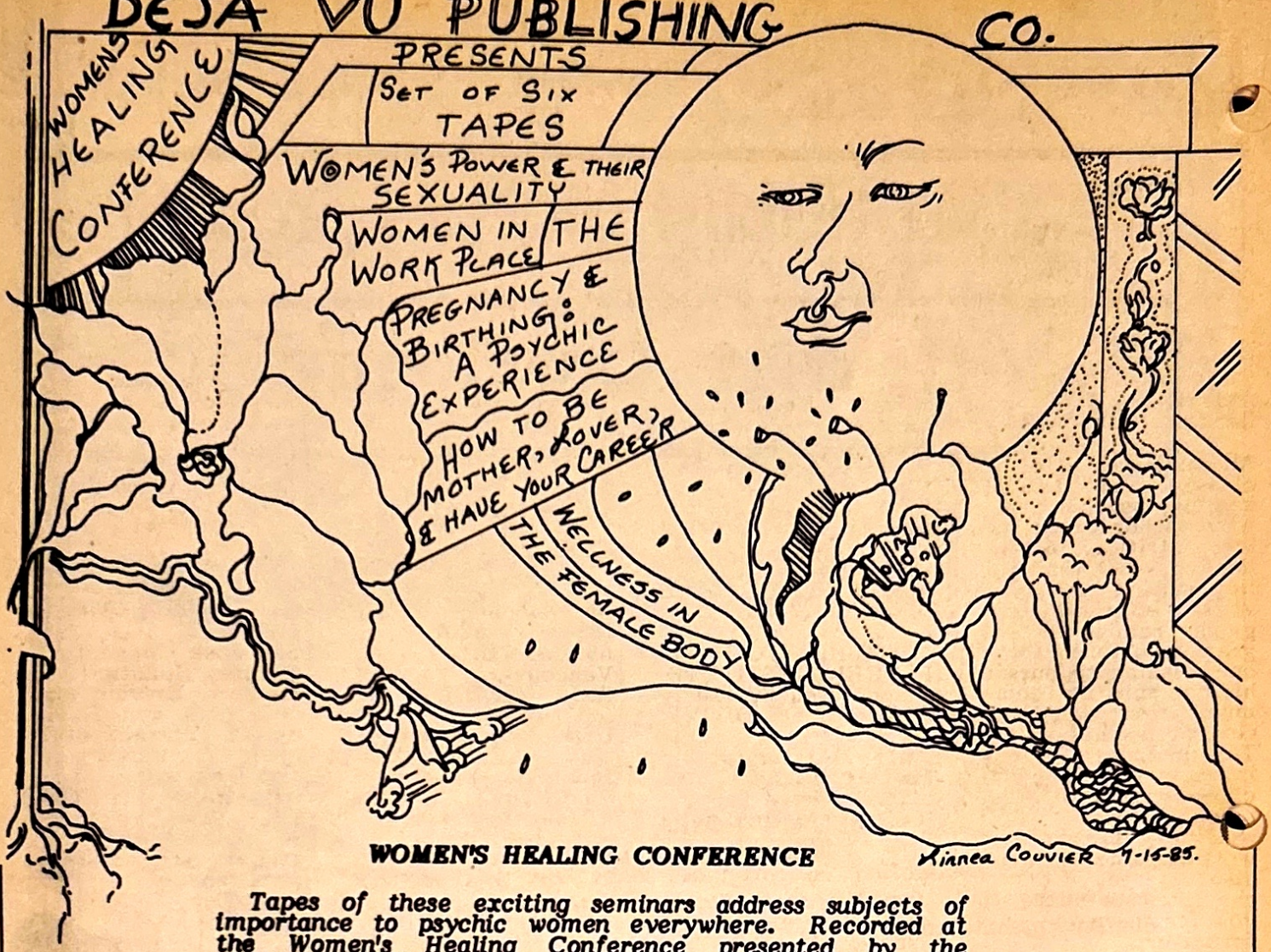
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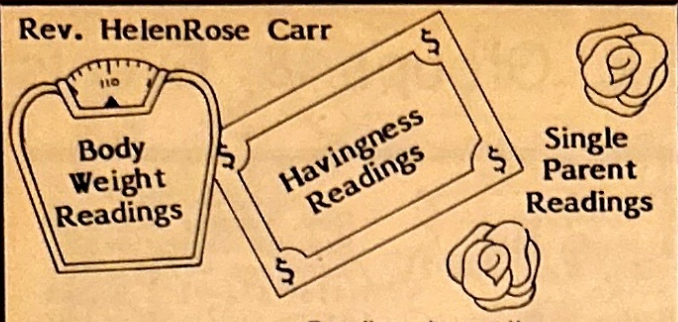

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Spirit Photo

(This color photo was taken on Thanksgiving Day, 1984. It includes mother, grandmother (seated) and granddaughter (left). The grandmother "went over to Spirit side of life" nine days later. The mother (right) described herself as "a psychic for the past 22 years"...editor) "All three ladies have a lot of agreements to heal each other and to communicate from the fourth (heart) chakra. There is much love and sympathy energy between them. A lot of the points of light around them are baby beings, or spirits ready for a new body. Others are healing guides and spirits with agreements from past lives."

Reading by Carmen Figueras

Do you have any of your own spirit photos you would like to share with us? We will publish readers' photos as space permits. Please include any information available about the photo: circumstances surrounding the picture, what you saw, type of camera and film. All photos will be returned if mailed with a SASE. Mail to: Psychic Life, 1314 Lincoln Ave., San Rafael, CA 94901.

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